

"Everyone, including doctors, should read this book."

—Ralph Golan, M.D., author of *Optimal Wellness*

Going Against the Grain

How Reducing and
Avoiding Grains Can
Revitalize Your Health



-
- Lose weight • Clear up digestive bloating and upset
 - Protect against diabetes, heart disease, and other insulin-related health problems
-

Melissa Diane Smith

VISIT...

LANZAROTE
Caliente.COM



FOOD
HEROES

GOING WITH THE GRAIN

QUINOA, FARRO,
SPELT, CHIA & MORE





GOING WITH THE **GRAIN**

**QUINOA, FARRO,
SPELT, CHIA & MORE**



This digital edition first published by Parragon Books Ltd in 2014 and distributed by

Parragon Inc.
440 Park Avenue South, 13th Floor
New York, NY 10016
www.parragon.com/lovefood

LOVE FOOD is an imprint of Parragon Books Ltd

Copyright © Parragon Books Ltd 2014

LOVE FOOD and the accompanying heart device is a registered trademark of Parragon Books Ltd in the USA, the UK, Australia, India, and the EU.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electric, mechanical, photocopying, recording, or otherwise, without the prior permission of the copyright holder.

10 9 8 7 6 5 4 3 2 1

ISBN 978-1-4723-8640-3

New recipes, introduction, and incidental text written by Christine McFadden
New photography by Noel Murphy
New home economy by Jane Lawrie
Additional design work by Geoff Borin
Internal illustrations by Julie Ingham and Nicola O'Byrne
Nutritional consultant: Judith Wills

Notes for the Reader

This book uses standard kitchen measuring spoons and cups. All spoon and cup measurements are level unless otherwise indicated. Unless otherwise stated, milk is assumed to be whole, eggs are large, individual vegetables are medium, and pepper is freshly ground black pepper. Unless otherwise stated, all root vegetables should be peeled prior to using.

Garnishes, decorations, and serving suggestions are all optional and not necessarily included in the recipe ingredients or method. Preparation times differ according to the techniques used by different people and the cooking times may also vary from those given. Optional ingredients, variations, or serving suggestions have not been included in the time calculations.

Picture acknowledgments

The publisher would like to thank the following for the permission to reproduce copyright material: Cover illustrations courtesy of iStock.

CONTENTS

Introduction

Break the Fast!

Let's do Lunch!

What's for Dinner?

Sweet Nothings

Index

INTRODUCTION

Slowly but surely, grains have moved from the culinary sidelines to their rightful place as twenty-first-century food heroes. No longer dismissed as mere health foods, they have become must-have ingredients for home cooks, they show up increasingly in food magazines and blogs, and are allocated ever-expanding shelf space in supermarkets. But what exactly are grains? Why all the hype?

Grains, or cereals (from Ceres, the Roman goddess of agriculture), are the seeds of cultivated grasses, such as wheat, rice, and barley. They contain the plant's embryo and with it a package of concentrated nutrients to support the new plant's growth. There are also so-called pseudo-grains, such as quinoa and amaranth. These are not grasses but share much of the same nutritional characteristics and culinary uses.

Grains are the go-getters of the plant world. They are not picky about where they grow and many positively thrive in scorching sun, sub-zero temperatures, and poor-quality soil. In prehistoric times, grains were one of the first foods that could be stored. They were key to transforming a nomadic society to one that put down roots, and are now a staple food for about half the world's population.

For easy reference, the symbols shown below appear on the recipes in this book:



indicates recipes that are suitable for vegetarians



indicates recipes that do not contain gluten





THE GRAINS

QUINOA (pronounced “keen-wah”)

Chenopodium quinoa

Quinoa is native to Peru and Bolivia where it was known as “the golden grain” of the Incas. Botanically related to beets and spinach, it is one of the hardiest of plants, and trumps the nutrient content of all other grains. It is said to be the only plant food that contains all nine essential amino acids, putting it on a par with animal protein. It is also gluten-free. Not only are its nutritional credentials impeccable, it is also incredibly quick and easy to cook. Use it as a side dish and in a multitude of other dishes, including salads, soups, stews, stuffings, egg dishes, bread, cakes, and desserts.



Shopping

Grains: Minuscule white, red, or black, round seeds with a pale band around the edge.

Flakes: Use in the same way as oat flakes for a hot breakfast cereal.

Puffs: Popped grains eaten as a breakfast cereal.

Flour: Gluten-free, slightly bitter. Needs combining with other flours to make bread and cakes rise.



Cooking

- The seeds are naturally coated with bitter saponin that is removed during processing. The seeds should still be rinsed to remove any residue. Put in a fine-meshed strainer under running water and rub with your fingers.
- Use 1 part quinoa to 2 parts liquid.

- Put in a saucepan with the liquid and a little salt. Bring to a boil, then cover and simmer over low heat for 10 minutes. Remove from the heat but leave the pan covered for another 7 minutes to let the seeds swell. The band around the edge will uncurl like a spiral. Drain off any excess liquid through a fine-meshed strainer. Fluff up with a fork.



Tasting

The seeds have a mild, slightly grassy flavor and a unique texture—noticeably soft and light, but crunchy, too. White seeds have a hint of sweetness, while red seeds are slightly drier with a bit more crunch. Black are more intense flavor-wise with definite crunch.

AMARANTH

Amaranthus caudatus

Once the sacred food of the Aztecs, amaranth is a pseudo-grain that is botanically related to spinach and chard. It's a protein powerhouse, rich in calcium, gluten-free, and highly digestible. Amaranth can be used in soups, stews, porridge, smoothies, desserts, bread, and cakes.



Shopping

Grains: Minuscule cream seeds.

Flour: Gluten-free, slightly bitter. Needs combining with other flours to make bread and cakes rise.



Cooking

- Soak for 8 hours, then drain and rinse before cooking.
- Use 1 part amaranth to 2 parts liquid.
- Put in a saucepan with the liquid and a little salt. Bring to a boil,

then cover and simmer over low heat for 15–20 minutes. Remove from the heat but leave the pan covered for another 10–15 minutes to let the seeds swell. Fluff up with a fork.



Tasting

The seeds have an intense, earthy, almost cornlike flavor. The texture is somewhat gritty (soaking helps) and verges on gummy if left to rest.



**Buckwheat, Mushrooms &
Roasted Squash**

BUCKWHEAT

Fagopyrum esculentum

Despite its name, buckwheat is no relation to wheat; it belongs to the same family as rhubarb, sorrel, and dock. It is sold raw or already roasted. Roasted groats are often confusingly labeled with the Russian word “kasha,” but as far as Russian cooks are concerned, kasha can be any grain simmered in liquid.



Shopping

Raw groats: Slightly bulbous, triangular, beige-green.

Roasted groats: Reddish brown.

Flour: Gluten-free. Use for anything from pancakes to pastry.

Japanese soba noodles: Thin, brown, with a slightly rough texture. Sometimes made with a mixture of buckwheat and wheat flours, so if you are after pure buckwheat gluten-free noodles, be sure to check the label.



Cooking

- Use 1 part buckwheat to 1½–2 parts liquid.
- Put in a saucepan with the liquid and a little salt. Bring to a boil, then cover and simmer over low heat for 10–15 minutes. Watch carefully because the groats soak up liquid and can easily turn to mush. Once tender but still chewy, drain off any excess liquid.



Tasting

Raw groats: Mild, slightly grassy.

Roasted groats: Full-on earthy flavor.



Meatballs with Tomato Sauce

CHIA

Salvia hispanica

Dubbed by devotees as the ultimate superfood, chia seeds were an Aztec staple thousands of years ago. The tiny seeds certainly pack a nutritional punch. They have the highest plant concentration of the omega-3 fatty acids and contain all the essential amino acids, plus a wealth of must-have vitamins and minerals. They are also gluten-free.

Eat the seeds raw, sprinkled over salads, soups, stir-fries, and breakfast cereal, or add them to bread and cakes. They are more versatile when made into a flavorless gel to use in smoothies, chilled desserts, dressings, or to bind meatballs and burgers.



Shopping

Seeds: Minuscule white, brown, gray, or black ovals.

Milled seeds: Grayish powder used as a thickener.

Chia gel

Soak 1½ tablespoons seeds in ½ cup liquid for 15–30 minutes.

Whisk every 5 minutes to prevent it from clumping. Cover and store in the refrigerator for up to two weeks.



Tasting

Seeds are hard and crunchy with an unobtrusive nutty flavor.

FARRO

Triticum dicoccum

Farro is an ancient Italian variety of wheat, also known as emmer and often confused with spelt (*Triticum spelta*).

Spearheaded by chefs and stylish restaurants, farro has enjoyed a well-deserved comeback in recent years. It works well as a side dish, or in soups, salads, stews, and risotto (or *farrotto*, as it is correctly called in Italy).



Shopping

Whole grains: Large, brown, oval.

Semi-pearl (semi-perlato): The bran layer has been scored to let heat penetrate more quickly.

Pearl (perlato or dicocco): The bran layer has been completely removed so the grains cook quickly.

Flour: Low in gluten. Needs wheat flour to make bread and cakes rise.



Cooking

- Soaking is not necessary for semi-pearl and pearl farro, but can

significantly reduce the cooking time for whole grains. Soak these for 8–16 hours, then drain. Rinse thoroughly regardless of whether it has been soaked.

- Put the grains and a little salt in a saucepan with plenty of water to cover. Bring to a boil, then cover and simmer over low heat for 10–50 minutes, depending on type and how tender you want it. Check the texture every 10 minutes. Once cooked, drain off any excess liquid.



Tasting

Farro has an intense nutty flavor. The grains are wonderfully plump with a satisfyingly chewy texture.

FREEKEH (pronounced “free-ka”)

Triticum durum

Highly esteemed in the Middle East, freekeh is becoming a must-have grain in the west. Made by burning young green durum wheat in the fields, freekeh has a unique smoky aroma and flavor. It contains more protein, vitamins, and minerals than rice or ordinary wheat. The gluten content of freekeh is lower than that of regular durum wheat because the grains are picked unripe. However, freekeh is still wheat and contains gluten so should be avoided by both the wheat-intolerant and celiacs. Use as a side dish or in risotto-like dishes, soups, stuffings, and stews.



Shopping

Whole grains: Coarse, dark greenish brown.

Cracked grains: Lighter greenish gray, irregularly shaped.



Cooking

- Swish the grains in a large bowl of water, discarding any chaff that floats to the top. Change the water several times, then drain in a strainer.
- Use 1 part freekeh to 2 parts liquid. Put the grains and a little salt in a saucepan with the liquid. Bring to a boil, then cover and simmer over low heat. Cracked grains need 25 minutes; whole grains require 45 minutes. Once tender but still chewy, drain off any excess liquid.



Tasting

The grains are slightly crunchy with an enticing smoky flavor.



Spelt & Carrot Salad

Triticum spelta

Sometimes confused with farro (*Triticum dicoccum*), this ancient wheat variety has recently enjoyed an upturn. It is higher in protein and fiber than ordinary wheat, and may be less likely to cause bloating in susceptible people. Use as a side dish or in risotto-like dishes, soups, stews, and salads.



Shopping

Whole grains: Large, brownish red.

Pearl: The bran layer has been scored to let heat penetrate more quickly.

Flour: Easy to use. Makes bread dough rise more vigorously.



Cooking

- Soaking is not necessary for pearl spelt but can reduce the cooking time for whole grains. Soak these for 8–16 hours, then drain. Rinse both types thoroughly.
- Put the grains and a little salt in a saucepan with plenty of water to cover. Bring to a boil, then cover and simmer over low heat for 10–50 minutes, depending on type of grain and how chewy or tender you want it. Check the texture every 10 minutes. Once cooked, drain off any excess liquid.



Tasting

Spelt is rich, nutty, and slightly sweet with a pleasantly creamy texture.

BARLEY

Hordeum vulgare

A multitasker in the kitchen, barley is greatly underrated. It works well not just in comforting soups, but also in stylish salads and risotto (or *orzotto* as it is known in Italy), breads, and desserts.



Shopping

Pot barley: Beige grains with the bran intact.

Pearl barley: Most or all of the bran removed.

Flour: Low in gluten. Needs wheat flour to make bread and cakes rise.



Cooking

- Rinse in several changes of water to remove dust.
- Soak pot barley for 4–8 hours before cooking.
- Use 1 part barley to 2½ parts liquid.
- Put in a saucepan with the liquid and a little salt. Bring to a boil, then cover and simmer over low heat. Cook pearl barley for 30–45 minutes; pot barley for at least 75 minutes. Drain off any excess liquid.



Tasting

Barley is satisfyingly chewy with a rich, earthy flavor.

MILLET

Panicum miliaceum/Pennisetum glaucum

A long-term staple in western Africa and East Asia, millet is sadly under-appreciated in the West—no doubt because of its association with bird food. It is, in fact, one of the tastiest of the grains and is light-textured, versatile, and easy to cook. Use it as a side dish, as a stuffing, and in salads, soups, stews, and porridge.



Shopping

Grains: Pale yellow, small, beadlike.

Flour: Gluten-free. Needs wheat flour to make bread and cakes rise.



Cooking

- Rinse in several changes of water, then drain.
- Bring a large saucepan of water to a boil. Add the millet and a little salt. For fluffy grains, simmer briskly for 10 minutes, then drain. Cook for longer for a porridgelike texture.



Tasting

Millet has a mild flavor and light creamy texture but still with some interesting crunch.

OATS

Avena sativa

A rugged grain that thrives in rugged conditions, oats are said to have their spiritual home in Scotland but Ireland lays claim to them, too. Though theoretically gluten-free, they may be cross-contaminated with grains that aren't. If you are a celiac, make sure you buy oats labeled "gluten-free." Oats are best-known for oatmeal, granola, and oatmeal cookies, but they also make fortifying stews, tasty coatings, stuffings, and toppings, and delicious desserts.



Shopping

Groats: Pale yellow. Need lengthy soaking and cooking.

Steel-cut: Groats chopped into pieces.

Flakes: Known as rolled oats, whole groats partly steamed and

rolled to speed up cooking.



Cooking

Flakes: Use 1 part flakes to 6 parts water. Dry-fry for a few minutes to bring out the nutty flavor. Pour in the water and a little salt. Stir over low-medium heat until boiling. Reduce the heat to low, then stir for 5 minutes, until thick and creamy.

Oat groats: Soak for 8 hours, then drain. Put in a saucepan with a little salt and plenty of water to cover. Bring to a boil, then simmer for 45–75 minutes.



Tasting

Oats are nutty, creamy, and taste deeply comforting.

WHOLE-GRAIN RICE

Oryza sativa

Because the bran and the germ are intact, whole-grain rice packs a greater nutritional punch than polished white rice. All types of rice are gluten-free.



Shopping

Brown long-grain: Slim, elongated grains with a fluffy texture when cooked.

Brown short-grain: Fat, dumpy grains that tend to cling together when cooked.

Brown basmati: Superthin, long grains that stay firm and separate when cooked.

Red: Long, brownish red grains with a white interior. Grains stay firm and separate when cooked.



Cooking

- An hour's soak can reduce the cooking time but is not essential.
- Use 1 part rice to 2 parts liquid. Reduce or increase this if you prefer a firmer or softer rice.
- Put the rice, liquid, and a little salt in a saucepan. Bring to a boil and stir once. Cover tightly and simmer over low heat for 30–45 minutes, or until all the liquid has evaporated. Let stand off the heat for 5 minutes, then fluff up with a fork.
- Depending on the recipe, rice may be lightly fried before adding liquid.



Tasting

Long- and short-grain brown rice have a nutty flavor and pleasantly chewy texture. Brown basmati rice has a distinctively floral aroma and a creamy texture. Red rice is intensely nutty, verging on meaty, with a chewy texture.



Triticum turgidum turanicum

Khorasan is an ancient variety of Egyptian wheat, which is often sold under the trademark KAMUT®. It is higher in protein and gluten than regular wheat. Use as a side dish or in soups, stews, and salads.



Shopping

Whole grains: Impressively large, elongated, golden.

Flour: Excellent for making pasta. Imparts a rich, buttery flavor to bread and cakes.



Cooking

- Soaking for 8 hours reduces the cooking time. Drain and rinse after soaking.
- Use 1 part khorasan to 3 parts liquid.
- Put the grains and a little salt in a saucepan with the liquid. Bring to a boil, then cover and simmer over low heat. Cook soaked grains for 30–40 minutes; unsoaked grains for about 1 hour. Once tender but still chewy, drain off any excess liquid.



Tasting

The grains have a rich flavor, with pleasing chewiness.



BREAK THE FAST!

Mixed Berry Smoothie

Dried Fruit Compote with Quinoa

Three-Grain Porridge with Raisins

Fruity Puffed Quinoa

Quinoa Scrambled Eggs with Chives

Potato & Onion Frittata with Quinoa

Rise and Shine!

Buckwheat Pancakes with Ricotta

Chile & Amaranth Cornbread

Khorasan, Banana & Walnut Bread

Chocolate, Cranberry & Nut Muffins

MIXED BERRY SMOOTHIE



SERVES: 4

**PREP TIME: 10
MINS PLUS
STANDING**

COOK TIME: NONE

INGREDIENTS

1 tablespoon chia seeds (preferably white)

1½ cups soy milk

1 cup frozen mixed berries, slightly thawed, plus extra to decorate

1 ripe banana, sliced

3 dried apricots, coarsely chopped

2 tablespoons honey

lemon juice, to taste

1. Put the chia seeds into a small bowl. Stir in ½ cup of the soy milk and let soak for 15 minutes, whisking every 5 minutes to prevent the seeds from clumping together.
2. Put all the remaining ingredients into a blender. Add the soaked chia seeds and their gel-like liquid.
3. Process for 1 minute, or until smooth. Pour into glasses and decorate with a few berries.

Soaked in liquid, chia seeds make a gel that can be used as



a thickener in all kinds of recipes, including soups, stews, and fillings for fruit tarts and pies. The gel will keep for up to two weeks in the refrigerator, so it's worth making more than you need.

MIXED BERRY SMOOTHIE



DRIED FRUIT COMPOTE WITH QUINOA



Quinoa takes on sweet and spicy citrus flavors when simmered with honey, nutmeg, and orange zest. Adding freshly cooked dried fruit makes this a breakfast treat that is equally delicious as a dessert.

SERVES: 2

**PREP TIME: 15
MINS PLUS
STANDING**

**COOK TIME: 20
MINS**

INGREDIENTS

½ cup white quinoa, rinsed
2 cups water
2 teaspoons honey, plus extra to serve
pinch of freshly grated nutmeg
finely grated zest of 1 small orange
10 dried apricots, halved
6 prunes, pitted and halved
3 dried apple rings, halved
¼ cup dried cranberries
2 tablespoons coconut shavings

1. Put the quinoa into a medium saucepan with 1 cup of the water. Add the honey, nutmeg, and half the orange zest.

2. Bring to a boil, then cover and simmer over low heat for 10 minutes, or according to package directions, until most of the liquid has evaporated. Remove from the heat, but keep the pan covered for an additional 7 minutes to let the grains swell. Fluff up with a fork.
3. Meanwhile, put the apricots, prunes, apple rings, and cranberries into a separate saucepan. Add the remaining water and orange zest.
4. Bring to a boil, then simmer over medium heat for 4–5 minutes, until the fruit is soft. Drain, reserving the liquid.
5. Divide the quinoa between two bowls. Spoon the fruit over the top and pour over the cooking liquid.
6. Sprinkle with coconut shavings and serve.

DRIED FRUIT COMPOTE WITH QUINOA



THREE-GRAIN PORRIDGE WITH RAISINS



Exceptionally rich in protein and gluten-free, this recipe is a nutritional powerhouse of quinoa flakes, oats, and millet and makes an energy-boosting start to the day. Millet adds a nice crunchy texture to the creamy quinoa and oats.

SERVES: 4

**PREP TIME: 10
MINS**

**COOK TIME: 45
MINS**

INGREDIENTS

½ cup gluten-free rolled oats

½ cup quinoa flakes

¼ cup millet, rinsed

2 tablespoons butter

3½ cups water

pinch of salt

½ teaspoon ground cinnamon

¼ teaspoon vanilla extract

pinch of freshly grated nutmeg

½ cup raisins

milk or cream and soft light brown sugar, to serve

1. Put the oats, quinoa flakes, millet, and butter into a heavy,

preferably nonstick, saucepan. Put over medium heat and stir for a few minutes, until the butter has melted and the grains smell toasted.

2. Pour in the water, then add the salt, cinnamon, vanilla extract, nutmeg, and raisins.

3. Bring to a boil, stirring constantly, over low-medium heat. Reduce the heat and simmer gently for about 35 minutes, stirring frequently to prevent it from sticking, until the grains are tender but the millet still has some texture.

4. Divide among four bowls. Swirl in some milk, sprinkle with sugar to taste, and serve immediately.

Stir ice-cold cream or milk into the hot porridge just before you serve it instead of while it is cooking to enjoy the wonderful hot and cold sensations.



THREE-GRAIN PORRIDGE WITH RAISINS



FRUITY PUFFED QUINOA



Quinoa puffs are a healthy alternative to regular breakfast cereal. Here, apple juice is used to moisten the puffs instead of the more commonly used milk. It makes a particularly refreshing start to the day, and it is a good solution if you don't like milk on your cereal.

SERVES: 1

**PREP TIME: 10
MINS PLUS
STANDING**

COOK TIME: NONE

INGREDIENTS

$\frac{3}{4}$ cup puffed quinoa

$\frac{1}{2}$ cup apple juice

1 small banana, thinly sliced

$\frac{1}{2}$ crisp, red-skinned apple, sliced into thin segments

2 teaspoons pumpkin seeds

honey, for drizzling

Greek-style yogurt, to serve (optional)

1. Put the puffed quinoa into a serving bowl. Stir in the apple juice, making sure the puffs are submerged. Let stand for a few minutes.
2. Arrange the banana slices and apple segments on top of the quinoa.

3. Sprinkle the pumpkin seeds over the grains and drizzle with a little honey. Serve immediately with yogurt, if using.

For a delicious variation, try using freshly squeezed orange juice instead of the apple juice. You could also replace the apples with pears.



FRUITY PUFFED QUINOA



QUINOA SCRAMBLED EGGS WITH CHIVES



Light and fluffy cooked white quinoa makes scrambled eggs even more satisfying and nutritious. For a superb flavor, it's worth using fresh organic or free-range eggs.

SERVES: 2

**PREP TIME: 5
MINS**

**COOK TIME: 20
MINS PLUS
STANDING**

INGREDIENTS

⅓ cup water

½ tablespoon white quinoa, rinsed

4 extra-large eggs

1½ tablespoons snipped fresh chives

3 tablespoons butter

salt and pepper, to taste

sourdough toast, to serve

1. Put the water and quinoa into a small saucepan and bring to a boil over medium heat. Reduce the heat, cover, and simmer over low heat for 10 minutes, or according to package directions, until most of the liquid has evaporated. Remove from the heat, but keep the pan covered for an additional 7 minutes to let the grains swell. Fluff up with a fork and set aside.

2. Lightly beat the eggs with the chives and season with salt and pepper.
3. Melt the butter in a heavy skillet over low heat. Pour in the egg mixture and cook for about 2 minutes, stirring constantly with a wooden spoon, until the eggs are creamy but not yet solid.
4. Gently stir in the quinoa, then pile onto sourdough toast and serve immediately.

QUINOA SCRAMBLED EGGS WITH CHIVES



POTATO & ONION FRITTATA WITH QUINOA



SERVES: 4

**PREP TIME: 15
MINS**

**COOK TIME: 45
MINS**

INGREDIENTS

¼ cup olive oil

2 large onions, halved and thinly sliced

½ cup water

¼ cup red quinoa, rinsed

8 red-skinned potatoes, peeled, halved lengthwise, and thinly sliced

9 eggs

½ teaspoon dried oregano

½ teaspoon salt

¼ teaspoon pepper

1. Heat the oil in a skillet, add the onions, and gently sauté over low–medium heat for 25 minutes, until golden and soft. Drain the onions, reserving the oil.

2. Meanwhile, put the water and quinoa into a small saucepan and bring to a boil. Cover and simmer over low heat for 10 minutes, or according to package directions, until most of the liquid has evaporated. Remove from the heat, but keep the pan covered for an additional 10 minutes to let the grains swell. Fluff up with a fork.

3. While the quinoa is cooking, put the potatoes in a steamer and steam for 8 minutes, until just tender. Spread out to dry on a clean dish towel.
4. Beat the eggs with the oregano, salt, and pepper. Stir the onions, potatoes, and quinoa into the egg mixture.
5. Heat the reserved oil in a deep 10-inch nonstick skillet. Pour in the egg mixture, cover, and cook over low–medium heat for 15 minutes. Meanwhile, preheat the broiler.
6. Place the pan under the preheated broiler for 5 minutes to finish cooking the top of the frittata. Turn out onto a plate, cut into wedges, and serve immediately.

POTATO & ONION FRITTATA WITH QUINOA



RISE AND SHINE!

Breakfast styles vary, as do people. It can be on-the-run, or a peaceful sit-down occasion. It can be enjoyed solo or dished up to a hungry crowd. Flavors can be light and delicate, or big and bold. You may be the type who finds it difficult to get going unless you have had a decent breakfast, or you may feel daunted by the thought of eating so soon after waking up. Many of us think we don't have enough time for breakfast.

Whatever your attitude, a sustaining breakfast will kick-start your metabolism, help concentration, and prevent that midmorning energy dip. It can consist of anything you like, but the bare essentials are a whole grain, fresh fruit, or a small container of yogurt—or a combination. A bowl of fruit-and-yogurt-topped cereal or oatmeal, or a grain-base smoothie is refreshing, fortifying, and quick to make.



Oats are the classic breakfast whole grain, but quinoa is one of

the most versatile and easiest to eat. It is also the most nutritious—packed with protein, minerals, and the energy-giving B vitamins—and it's gluten-free. Quinoa puffs make the simplest of breakfasts—just pour some in a bowl, add milk or fruit juice, and enjoy the crunch and pop. The flakes are also easy to use. Add them to granola or cook them like rolled oats to make a comforting porridge. The cooked grains themselves are beautifully light and fluffy—delicious with fruit, honey, and yogurt. They also lighten the texture of scrambled eggs and omelets—stir them in as you cook the eggs.

Chia seeds are another healthy breakfast option. Sprinkle them raw over regular cereal or add to your favorite granola mix. The seeds can also be soaked to make a flavorless gel (see [Chia Gel](#)) that's handy to have in the refrigerator—blend with frozen berries and yogurt to make a power-packed smoothie.

Pancakes are a favorite treat and perfect for a weekend brunch. For extra flavor and a more substantial texture, try adding nutty tasting buckwheat flour to the batter, or experiment with a mixture of quinoa flour and whole-wheat flour.

Whatever your style, breakfast shouldn't be a chore. You need grab-and-go ingredients, or those that can be got going the night before—pancake batter or bread dough, for example. In terms of convenience, whole grains fit the bill. Puffs or flakes are ready for instant eating, and leftover cooked grains can be kept in the refrigerator for 24 hours (see [Grain Tips](#)), ready to use in any number of tasty dishes.

BUCKWHEAT PANCAKES WITH RICOTTA



MAKES: 8

**PREP TIME: 20
MINS**

**COOK TIME: 15
MINS**

INGREDIENTS

3 eggs, separated
1 cup buttermilk
1 tablespoon melted butter, cooled slightly
 $\frac{2}{3}$ cup buckwheat flour
 $\frac{1}{3}$ cup all-purpose flour
2 teaspoons baking powder
1 teaspoon granulated sugar
 $\frac{1}{4}$ teaspoon salt
vegetable oil, for brushing

RICOTTA TOPPING

1 cup vegetarian ricotta cheese
1 teaspoon granulated sugar
finely grated zest of 1 orange
1 piece preserved ginger, finely chopped, plus syrup from the jar to serve

1. To make the topping, combine all the ingredients in a bowl, then set aside.
2. Whisk together the egg yolks, buttermilk, and melted butter

until well blended.

3. Combine the flours, baking powder, sugar, and salt in a large bowl. Make a well in the center and pour in the egg yolk mixture. Mix together with a fork, gradually drawing in the dry ingredients from the side until a smooth batter forms.

4. Whisk the egg whites in a large bowl until they hold stiff peaks. Using a metal spoon, fold one-third of the egg white into the batter to loosen it, then fold in the remaining egg white.

5. Lightly brush a heavy skillet with oil and put over medium heat. Spoon in $\frac{1}{4}$ cup of the batter, spreading it into an $3\frac{1}{4}$ – $3\frac{1}{2}$ -inch circle with the back of a metal spoon. Cook for $1\frac{1}{2}$ –2 minutes, or until craters appear on the surface. Turn and cook on the other side for $1\frac{1}{2}$ minutes. Remove from the skillet and keep warm while you cook the remaining batter. Depending on the size of your skillet, you can cook two or three pancakes at a time.

6. Spread the pancakes with the topping, drizzle with a little ginger syrup, and serve immediately.

BUCKWHEAT PANCAKES WITH RICOTTA



CHILE & AMARANTH CORNBREAD



MAKES: 1 LOAF

**PREP TIME: 20
MINS**

**COOK TIME: 55
MINS PLUS
COOLING**

INGREDIENTS

2–3 fresh red chiles, or to taste
¾ cup amaranth flour
¾ cup gluten-free white flour blend
1 cup cornmeal
1 tablespoon gluten-free baking powder
1 teaspoon gluten-free baking soda
1½ teaspoons salt
¼ cup sugar
1 cup shredded vegetarian cheddar cheese
3 eggs
1 cup buttermilk
5 tablespoons butter, melted and cooled slightly, plus extra for greasing
⅓ cup fresh or frozen corn kernels, thawed if frozen

1. Preheat the oven to 400°F. Preheat the broiler. Grease a 9-inch loaf pan.
2. Put the chiles under the preheated broiler and cook, turning occasionally, for 5–7 minutes, until blackened all over. Remove

the skins and seeds and finely chop the flesh.

3. Sift together the amaranth flour, white flour blend, cornmeal, baking powder, baking soda, and salt into a large bowl. Stir in the sugar and cheese.

4. Whisk the eggs with the buttermilk and melted butter until well blended.

5. Make a well in the center of the flour mixture and pour in the egg mixture. Mix together with a fork, gradually drawing in the dry ingredients from the side.

6. Stir in the chiles and corn kernels and spoon the batter into the prepared pan, leveling the surface. Bake in the preheated oven for 40–45 minutes, until a toothpick inserted into the center comes out clean.

7. Let cool in the pan for 10 minutes, then turn out onto a wire rack and let cool completely.

CHILE & AMARANTH CORNBREAD



KHORASAN, BANANA & WALNUT BREAD



MAKES: 1 LOAF

**PREP TIME: 20
MINS**

**COOK TIME: 50
MINS PLUS
COOLING**

INGREDIENTS

4 small, ripe bananas

juice of 1 lemon

1½ cups khorasan flour

1½ teaspoons baking powder

1 teaspoon allspice

½ teaspoon ground ginger

pinch of salt

6 tablespoons unsalted butter, at room temperature, plus extra for greasing

½ cup granulated sugar

2 eggs, lightly beaten

½ cup coarsely chopped walnut halves

1. Preheat the oven to 350°F. Grease a 9-inch loaf pan and line with parchment paper.
2. Mash the bananas with the lemon juice to make a smooth pulp.
3. Sift together the flour, baking powder, allspice, ginger, and salt into a bowl. Transfer any bran that remains in the sifter into

the bowl, mixing lightly with your fingers.

4. Put the butter and sugar into a large bowl and beat together for about 4 minutes, or until light and fluffy.

5. Gradually beat in the eggs and the flour mixture and fold in the bananas and walnuts, mixing evenly.

6. Spoon the batter into the prepared pan, leveling the surface. Bake in the preheated oven for about 50 minutes, or until a toothpick inserted into the center comes out clean.

7. Let cool in the pan for 10 minutes, then turn out onto a wire rack and let cool completely.

KHORASAN, BANANA & WALNUT BREAD



CHOCOLATE, CRANBERRY & NUT MUFFINS



MAKES: 12

**PREP TIME: 25
MINS**

**COOK TIME: 20
MINS PLUS
COOLING**

INGREDIENTS

2 cups quinoa flour
2 tablespoons unsweetened gluten-free cocoa powder
2 teaspoons gluten-free baking powder
 $\frac{3}{4}$ teaspoon gluten-free baking soda
 $\frac{1}{2}$ teaspoon salt
1 stick unsalted butter, at room temperature
 $\frac{2}{3}$ cup granulated sugar
2 eggs, lightly beaten
1 teaspoon vanilla extract
finely grated zest of 1 large orange
1 cup milk
1 cup dried cranberries
 $\frac{1}{3}$ cup coarsely chopped macadamia nuts

1. Preheat the oven to 400°F. Put 12 paper muffin cups into a muffin pan.
2. Sift together the flour, cocoa powder, baking powder, baking soda, and salt into a bowl. Tip any bran that remains in the sifter

into the bowl, mixing lightly with your fingers.

3. In a large bowl, beat together the butter and sugar for about 4 minutes, or until light and fluffy. Gradually beat in the eggs, vanilla extract, and orange zest. Beat in the milk and the flour mixture, a little at a time, beating well after each addition. Fold in the cranberries and nuts.

4. Divide the mixture equally among the paper cups. Bake in the preheated oven for 15–20 minutes, until well risen and a toothpick inserted into the center comes out clean.

5. Transfer the muffins to a wire rack and let cool completely.

For extra flavor, mix a few chocolate chips into the batter.

For a fancier version, top the muffins with cream cheese frosting or rich chocolate icing.



CHOCOLATE, CRANBERRY & NUT MUFFINS





LET'S DO LUNCH!

Spicy Tomato, Tamarind & Ginger Soup

Black Bean, Squash & Corn Soup

Farro & Cranberry Bean Soup

Black Bean & Quinoa Burritos

Grow to it

Duck & Quinoa Sprout Wraps

Quinoa & Corn Paella with Mint

Green Farro Salad with Feta

Mozzarella Salad with Quinoa Sprouts

Chicken, Papaya & Avocado Salad

Quinoa & Walnut Tabbouleh

Quinoa, Grape & Almond Salad

Thai-Style Tuna Salad with Quinoa

Red Quinoa & Chickpea Salad

Spelt & Carrot Salad

Monkfish Ceviche with Red Quinoa

Roasted Beet & Barley Salad

SPICY TOMATO, TAMARIND & GINGER SOUP



Red quinoa goes beautifully with tomatoes, tamarind, and ginger in this spicy soup. Known as *rasam*, meaning “essence,” the soup is popular in southwest India, where it is usually made with chiles. Here, black pepper provides the heat instead.

SERVES: 4

**PREP TIME: 15
MINS**

**COOK TIME: 35
MINS PLUS
STANDING**

INGREDIENTS

- 4 tablespoons butter
- 1 small onion, diced
- $\frac{3}{4}$ -inch piece fresh ginger, finely chopped
- 1 teaspoon ground turmeric
- 2 teaspoons cumin seeds, crushed
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- 1 (14½-ounce) can diced tomatoes
- 2 teaspoons tamarind paste
- $\frac{1}{3}$ cup red quinoa, rinsed
- 1 cup gluten-free vegetable stock
- $\frac{1}{4}$ cup chopped fresh cilantro

1. Heat half the butter in a large saucepan. Add the onion and sauté over low–medium heat for 5 minutes, until translucent.
2. Add the ginger, turmeric, ½ teaspoon of the cumin seeds, the salt, and pepper. Cook for an additional minute.
3. Stir in the tomatoes, tamarind paste, quinoa, and stock. Bring to a boil, then reduce the heat, cover, and simmer for 25 minutes, stirring occasionally.
4. Remove from the heat and stir in the cilantro. Let stand, covered, for 10 minutes.
5. Heat the remaining butter in a small skillet over medium–high heat. Add the remaining cumin seeds and sizzle for a few seconds. Swirl into the soup and serve immediately.

SPICY TOMATO, TAMARIND & GINGER SOUP



BLACK BEAN, SQUASH & CORN SOUP



This is a great Mexican-style soup, packed with strong, earthy flavors. A swirl of green-flecked cilantro cream sets off the rich, dark colors of black beans and black quinoa. Served with gluten-free corn tortillas, it's a meal in itself.

SERVES: 6

**PREP TIME: 20
MINS**

**COOK TIME: 45
MINS**

INGREDIENTS

2 tablespoons vegetable oil
1 red onion, diced
1 teaspoon dried oregano
1¾ cups peeled, seeded, and cubed butternut squash
1 (14½-ounce) can diced tomatoes
1 (15-ounce) can black beans, drained and rinsed
½ cup black quinoa, rinsed
2½ cups gluten-free vegetable stock
1 cup frozen corn kernels
lime juice, to taste
salt and pepper, to taste

CILANTRO CREAM

¾ cup sour cream

1/3 cup chopped fresh cilantro

salt and pepper, to taste

1. To make the cilantro cream, mix together the sour cream and cilantro, seasoning with salt and pepper. Chill until ready to use.
2. Heat the oil in a large saucepan. Add the onion and sauté over medium heat for 5 minutes.
3. Add the oregano and season with salt and pepper. Cook for an additional 2 minutes. Stir in the squash. Cover and cook for 5 minutes.
4. Add the tomatoes, beans, quinoa, and stock. Bring to a boil, then reduce the heat, cover, and simmer for 25 minutes, or until the quinoa grains have swollen.
5. Add the corn and simmer for an additional 5 minutes.
6. Stir a good squeeze of lime juice into the soup. Taste and adjust the seasoning, adding salt and pepper, if needed.
7. Ladle into six bowls and top each with a spoonful of the cilantro cream.

BLACK BEAN, SQUASH & CORN SOUP



FARRO & CRANBERRY BEAN SOUP

Farro is an ancient type of wheat grain that is similar to barley. Popular in Italy, it is used in all kinds of dishes—salads, soups, stews, and rice dishes. Here, it is combined with cranberry beans and pancetta in a hearty meal-in-a-bowl soup.

SERVES: 4-6

**PREP TIME: 15
MINS**

**COOK TIME: 40
MINS**

INGREDIENTS

¾ cup quick-cooking farro, rinsed
1 tablespoon olive oil
1 tablespoon finely chopped fresh rosemary
4 ounces pancetta, diced
1 onion, diced
2 celery stalks, diced
1 small red bell pepper, seeded and diced
3½ cups chicken stock
½ cup canned, drained cranberry beans or pinto beans
4–6 slices ciabatta bread, toasted
salt and pepper, to taste
extra virgin olive oil and chopped fresh flat-leaf parsley, to garnish

1. Put the farro into a saucepan with water to cover. Add ½ teaspoon of salt and bring to a boil. Reduce the heat and simmer

for 10–12 minutes, or according to the package directions, until tender but still chewy. Drain, reserving the liquid.

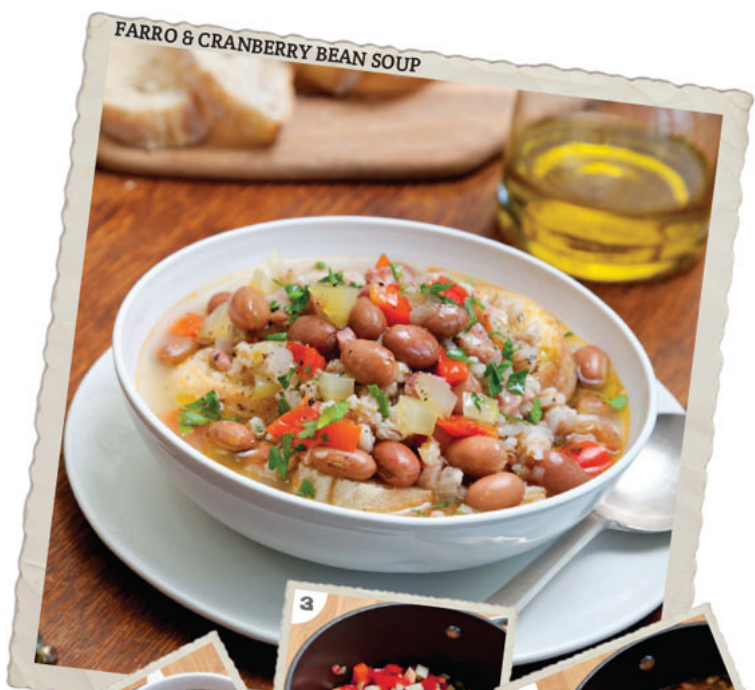
2. Meanwhile, heat the olive oil with the rosemary in a large saucepan. Add the pancetta and onion and sauté gently for 5 minutes, until the onion is translucent.

3. Add the celery and red bell pepper. Season with salt and pepper and cook for an additional 5 minutes. Pour in the stock, cover, and simmer for 15 minutes, until the vegetables are tender.

4. Add the cooked farro and the beans. Cook for 15 minutes, uncovered, until thick and soupy. Add some of the reserved farro cooking liquid if the mixture becomes too thick.

5. Place a slice of bread in the bottom of four to six bowls. Ladle over the soup. Drizzle with extra virgin olive oil, sprinkle with parsley, and serve.

FARRO & CRANBERRY BEAN SOUP



BLACK BEAN & QUINOA BURRITOS



MAKES: 8

**PREP TIME: 30
MINS**

**COOK TIME: 20
MINS PLUS
STANDING**

INGREDIENTS

⅓ cup red quinoa, rinsed
⅔ cup water
2 tablespoons vegetable oil
1 red onion, diced
1 fresh green chile, seeded and diced
1 small red bell pepper, seeded and diced
1 (15-ounce) can black beans, drained and rinsed
juice of 1 lime
¼ cup chopped fresh cilantro
2 tomatoes
8 gluten-free corn tortillas, warmed
1¼ cups shredded vegetarian cheddar cheese
1½ cups shredded romaine lettuce
salt and pepper, to taste

1. Put the quinoa into a saucepan with the water. Bring to a boil, then cover and simmer over low heat for 15 minutes, or according to package directions. Remove from the heat, but keep

the pan covered for an additional 5 minutes to let the grains swell. Fluff up with a fork and set aside.

2. Heat the oil in a skillet. Sauté half the onion, half the chile, and the red bell pepper until soft. Add the beans, quinoa, half the lime juice, and half the cilantro. Cook for a few minutes, then season with salt and pepper.

3. Halve the tomatoes and scoop out the seeds. Add the seeds to the bean mixture. Dice the tomato flesh and place in a bowl with the remaining cilantro, onion, chile, and lime juice, and season with salt. Stir.

4. Put $\frac{1}{3}$ cup of the bean mixture on top of each tortilla. Sprinkle with the tomato salsa, cheese, and lettuce. Fold the end and sides over the filling, roll up, and serve immediately.

BLACK BEAN & QUINOA BURRITOS



GROW TO IT

Given the right conditions, almost any grain can be made to sprout. Two or three days of warmth, moisture, and all-important rinsing will transform the dormant grains into super-nutritious sprouts that many people find easier to digest than the grain itself.

Used raw, sprouts from grains make tasty fillings for sandwiches and wraps, and they add beautiful color and crisp texture to salads and cooked dishes. Add them at the last minute so they retain their crispness. You can also cook sprouts in bread—just mix into the dough or batter before baking.

The most successful grains to sprout are quinoa and buckwheat. Chia seeds are easy to sprout, too, but they take longer and the sprouting process is slightly different. Grains for sprouting must be whole—not hulled, cracked, pearled, split, or roasted. This means, for example, you can't sprout roasted buckwheat or pearl barley.

Grain sprouts are incredibly prolific. Just 2 tablespoons of quinoa seeds, for example, will produce about ½ cup of sprouts, although the quantity will vary, depending on the sprouting time, and the age and brand of seeds.

HOW TO SPROUT QUINOA

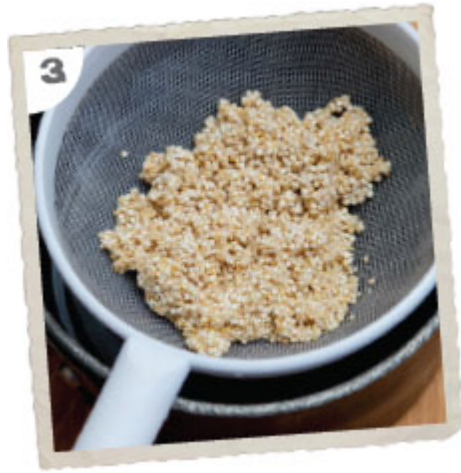
Quinoa sprouts are thin and soft, with an intense, woody flavor. They take about 2–4 days to grow and do best at an ambient temperature of 63–75°F. The following method will also work for larger grains, but you will need more water to cover them during the initial soak.



1. Put $\frac{1}{3}$ cup of white or red quinoa seeds in a shallow dish large enough to spread them out in a thin layer. Cover with 2 cups filtered water or bottled mineral water. Stir to make sure all the seeds are submerged.



2. Cover with plastic wrap and let soak for 40 minutes.



3. Drain in a fine-meshed strainer and rinse thoroughly. Shake the strainer until the water stops dripping.



4. Put the seeds back into the dish and spread them out again. Cover with plastic wrap but leave a small opening for air. Let rest for 8 hours. Repeat the rinsing and resting three or four more times, depending on how long you want your sprouts.



5. Once the sprouts are to your liking, store them in the refrigerator and use within 24 hours.

DUCK & QUINOA SPROUT WRAPS

MAKES: 2

**PREP TIME: 15
MINS**

**COOK TIME: 15
MINS PLUS
STANDING**

INGREDIENTS

2 small boneless duck breasts
⅓ cup chili jam
¾ cup arugula
2 soft wheat tortillas, warmed
¼ cup quinoa sprouts (see [Grow To It](#))
4 scallions, thinly sliced
salt and pepper, to taste

1. Preheat the oven to 425°F.
2. Slash the skin on each duck breast diagonally in three places and rub with salt and pepper.
3. Heat a small, nonstick skillet over medium-high heat. Add the duck breasts, skin side down, and cook for 3 minutes without turning.
4. Transfer to a small roasting pan, skin side down, and roast in the preheated oven for 5 minutes. Turn over and roast on the other side for an additional 5 minutes. Loosely cover with aluminum foil and let stand for 20 minutes.
5. Thinly slice each duck breast crosswise into thin strips. Transfer to a dish and toss with the chili jam.

6. Place a pile of arugula on top of each tortilla. Arrange the duck strips on top. Sprinkle with the quinoa sprouts and scallions.
7. Fold up the bottom edge and sides of each tortilla and roll up. Serve immediately.

Don't worry if the duck breasts look pink when they come out of the oven—they will continue to cook whilst they rest.



DUCK & QUINOA SPROUT WRAPS



QUINOA & CORN PAELLA WITH MINT



SERVES: 2

**PREP TIME: 15
MINS**

**COOK TIME: 20
MINS PLUS
STANDING**

INGREDIENTS

¾ cup white quinoa, rinsed

1¼ cups water

2 tablespoons olive oil

2–3 garlic cloves, chopped

2 fresh red or yellow chiles, seeded and finely chopped

1 large tomato, peeled, seeded, and diced

2 tablespoons fresh or frozen corn kernels, thawed if frozen

1 tablespoon fresh mint leaves

salt, to taste

romaine lettuce leaves, to serve

1. Put the quinoa into a saucepan with the water. Bring to a boil, then cover and simmer over low heat for 15 minutes, or according to package directions. Remove from the heat, but keep the pan covered for an additional 5 minutes to let the grains swell. Fluff up with a fork and set aside.

2. Meanwhile, heat the oil in a large skillet, add the garlic and chiles, and cook over medium heat, stirring, for 2–3 minutes, or

until the garlic is softened. Stir in the tomato and corn, heat until bubbling, and cook for 1 minute.

3. Stir in the cooked quinoa and reheat gently. Taste and adjust the seasoning, adding salt, if needed. Chop the mint leaves and stir into the mixture.

4. Serve with crisp lettuce leaves for scooping.

QUINOA & CORN PAELLA WITH MINT



GREEN FARRO SALAD WITH FETA



A favorite in Italy, sweet and chewy farro makes a stylish salad with summery green vegetables and herbs, tangy feta cheese, and a zesty lemon-oil dressing. The salad is just as suitable for a party buffet as it is for a summer lunch.

SERVES: 4

**PREP TIME: 20
MINS PLUS
STANDING**

**COOK TIME: 15
MINS PLUS
COOLING**

INGREDIENTS

1½ cups quick-cooking farro, rinsed
½ teaspoon salt
⅓ cup fresh peas
5 scallions, some green included, thinly sliced
½ zucchini, coarsely grated
⅔ cup shredded baby spinach
¼ cup chopped fresh mint leaves
¼ cup chopped fresh flat-leaf parsley
3 ounces vegetarian feta cheese, cubed
sumac or paprika, for sprinkling

DRESSING

2 tablespoons lemon juice

$\frac{1}{3}$ cup extra virgin olive oil, plus extra for drizzling

salt and pepper, to taste

1. Put the farro and salt into a saucepan with water to cover. Bring to a boil, then reduce the heat, cover, and simmer for 10 minutes, or according to the package directions, until tender but still chewy. Drain, then spread out on a tray to cool slightly. Transfer to a serving bowl while still lukewarm.
2. To make the dressing, put the lemon juice into a bowl, season with salt and pepper, and combine. Whisk in the oil. Pour over the farro and mix gently.
3. Stir in the peas, scallions, zucchini, spinach, mint, and parsley. Let stand at room temperature for 30 minutes.
4. Divide the mixture among four plates. Arrange the cheese on top, sprinkle with a little sumac, and drizzle with oil. Serve immediately.

GREEN FARRO SALAD WITH FETA



MOZZARELLA SALAD WITH QUINOA SPROUTS



Packed with protein, vitamins, and minerals, quinoa sprouts make this gorgeous summery salad a nutrient-rich meal. Be sure to use buffalo mozzarella instead of the ordinary kind. There is a world of difference in the flavor.

SERVES: 2

**PREP TIME: 15
MINS**

COOK TIME: NONE

INGREDIENTS

1 cup watercress

8 ounces drained vegetarian buffalo mozzarella, torn into bite-size pieces

3 tablespoons white quinoa sprouts (see [Grow To It](#))

6 radishes, thinly sliced

1 tablespoon pumpkin seeds

6 Kalamata olives, halved and pitted

½ tablespoon white wine vinegar

1½ tablespoons extra virgin olive oil

sea salt and pepper, to taste

1. Divide the watercress between two plates and pile the cheese on top. Spoon the sprouts over the cheese.
2. Sprinkle with the radishes, pumpkin seeds, and olives.

3. Season with a little sea salt and pepper.
4. Drizzle the vinegar and oil over the salad. Serve immediately.



Instead of buffalo mozzarella, you could use ricotta cheese rolled into small balls. It's important that the ricotta is firm and dry. If it seems wet, wrap in cheesecloth and suspend over a bowl for 2 hours. Squeeze firmly to drain thoroughly.

MOZZARELLA SALAD WITH QUINOA SPROUTS



CHICKEN, PAPAYA & AVOCADO SALAD



SERVES: 2

**PREP TIME: 20
MINS**

**COOK TIME: 10
MINS**

INGREDIENTS

2 (5½-ounce) boneless, skinless chicken breasts

2 tablespoons olive oil

3½ cups peppery green salad greens, such as arugula, mizuna, curly frisée, and watercress

1 large papaya, peeled, seeded, and thickly sliced

1 ripe avocado, peeled, pitted, and thickly sliced

¼ cup toasted hazelnuts, halved

2 tablespoons red or white quinoa sprouts (see [Grow To It](#))

salt and pepper, to taste

DRESSING

2 tablespoons lime juice

⅓ cup hazelnut oil

salt and pepper, to taste

1. Put the chicken breasts onto a board. With the knife parallel to the board, slice each breast in half horizontally to make four pieces in total.
2. Place the chicken pieces between two sheets of plastic wrap

and pound with a rolling pin to a thickness of about ½ inch.

3. Heat the oil in a large skillet. Add the chicken and sauté over medium-high heat for 3–4 minutes on each side, until golden on the outside and no longer pink in the middle. Transfer to a warm plate and season with salt and pepper.

4. Slice the chicken lengthwise into strips about ¾ inch wide.

5. Divide the salad greens between two plates. Arrange the chicken, papaya, and avocado on top. Sprinkle with the hazelnuts and quinoa sprouts.

6. To make the dressing, whisk together all the ingredients until smooth and creamy. Pour the dressing over the salad and serve immediately.

CHICKEN, PAPAYA & AVOCADO SALAD



QUINOA & WALNUT TABBOULEH



SERVES: 2

**PREP TIME: 20
MINS**

**COOK TIME: 20
MINS PLUS
STANDING**

INGREDIENTS

½ cup white quinoa, rinsed

1 cup water

1 zucchini, coarsely grated

2 large scallions, thinly sliced diagonally

handful of fresh mint leaves, chopped

handful of fresh flat-leaf parsley leaves, chopped

8 walnut halves, chopped

DRESSING

3 tablespoons extra virgin olive oil

1 tablespoon lemon juice

1 teaspoon gluten-free Dijon mustard

1 garlic clove, crushed

pepper, to taste

1. Put the quinoa into a saucepan with the water. Bring to a boil, then cover and simmer over low heat for 15 minutes, or according to the package directions. Remove from the heat, but keep the pan covered for an additional 5 minutes to let the grains

swell. Fluff up with a fork.

2. Transfer the cooked quinoa to a bowl and add the zucchini, scallions, mint, and parsley.
3. Mix together the ingredients for the dressing, then pour over the quinoa mixture. Stir gently until just combined.
4. Transfer to two plates and sprinkle with the walnuts. Serve at room temperature.



The high levels of polyunsaturated fats in walnuts mean that they turn rancid easily. If possible, buy them with their shells on, store in the refrigerator, and consume quickly.

QUINOA & WALNUT TABBOULEH



QUINOA, GRAPE & ALMOND SALAD



SERVES: 2

**PREP TIME: 15
MINS**

**COOK TIME: 20
MINS PLUS
STANDING**

INGREDIENTS

¾ cup white quinoa, rinsed

1¼ cups water

½ teaspoon salt

1½ teaspoons lemon juice

1½ teaspoons tamari (wheat-free soy sauce)

1½ teaspoons toasted sesame oil, plus extra for drizzling

1½ cups snow peas

1 cup seedless black grapes, halved

2 tablespoons almonds, halved lengthwise

3 tablespoons snipped fresh chives

2 small butterhead lettuces, leaves separated

white pepper, to taste

1. Put the quinoa into a saucepan with the water and salt. Bring to a boil, then reduce the heat, cover, and simmer for 15 minutes, or according to the package directions. Remove from the heat, but keep the pan covered for an additional 5 minutes to let the grains swell. Fluff up with a fork and set aside.

2. Whisk together the lemon juice, tamari, sesame oil, and a little white pepper. Pour the dressing over the quinoa and fluff up with a fork. Transfer to a shallow dish and let cool.
3. Plunge the snow peas into a saucepan of boiling water for 30 seconds, then drain. Let dry, then slice each snow pea diagonally in two.
4. Carefully stir the snow peas, grapes, almonds, and chives into the quinoa.
5. Arrange the lettuce leaves around the edges of two plates. Pile the quinoa mixture in the center, drizzle over a little more sesame oil, and serve.

QUINOA, GRAPE & ALMOND SALAD



THAI-STYLE TUNA SALAD WITH QUINOA

SERVES: 4

**PREP TIME: 25
MINS**

**COOK TIME: 30
MINS**

INGREDIENTS

1/3 cup red quinoa, rinsed

2/3 cup water

4 small (4-ounce) tuna steaks, about 3/4 inch thick, cut into thirds

2 tablespoons vegetable oil

3 cups arugula

1 small cucumber, halved lengthwise and thinly sliced diagonally

handful of fresh mint leaves

handful of fresh cilantro leaves

3 tablespoons dry-roasted peanuts

toasted sesame oil, for drizzling

SAUCE

1-inch piece fresh ginger, finely chopped

1 fresh red chile, seeded and finely chopped

1 large garlic clove, finely chopped

2 tablespoons tamari (wheat-free soy sauce)

1 tablespoon gluten-free Thai fish sauce

3 tablespoons lime juice

1/2 cup firmly packed palm sugar or light brown sugar

1. To make the sauce, grind the ginger, chile, and garlic to a paste using a mortar and pestle. Scrape into a saucepan with the

remaining sauce ingredients and cook, stirring, over medium heat until the sugar is dissolved. Let simmer for 1–2 minutes, until syrupy. Remove from the heat and let cool.

2. Meanwhile, put the quinoa into a saucepan with the water. Bring to a boil, then cover and simmer over low heat for 15 minutes, or according to the package directions. Remove from the heat, leaving the pan covered.

3. Put the tuna chunks into a dish. Add the sauce, turning to coat, then drain, reserving the sauce.

4. Heat the oil in a large skillet. Add the tuna and sauté over high heat for 3 minutes, turning once. Transfer to a plate.

5. Pour the reserved sauce into the pan and boil for 3 minutes, until syrupy.

6. Combine the arugula, cucumber, mint, and cilantro, then divide among four plates. Fluff up the quinoa with a fork and sprinkle over the salad.

7. Arrange the tuna on top and pour the sauce over it. Sprinkle with the peanuts and drizzle with a little sesame oil. Serve immediately.

THAI-STYLE TUNA SALAD WITH QUINOA



RED QUINOA & CHICKPEA SALAD



SERVES: 4

**PREP TIME: 25
MINS**

**COOK TIME: 25
MINS PLUS
STANDING**

INGREDIENTS

- ¼ cup red quinoa, rinsed
- ½ cup water
- ½ teaspoon salt
- 1 fresh red chile, seeded and finely chopped
- 8 scallions, chopped
- 3 tablespoons finely chopped fresh mint
- ⅓ cup chickpea (gram) flour
- 1 teaspoon ground cumin
- ½ teaspoon paprika
- 1 cup drained and rinsed canned chickpeas
- 1 tablespoon vegetable oil

DRESSING

- 2 tablespoons olive oil
- 2 tablespoons lemon juice

1. Put the quinoa into a saucepan with the water and salt. Bring to a boil, then reduce the heat, cover, and simmer for 15 minutes,

or according to the package directions. Remove from the heat, but keep the pan covered for an additional 5 minutes to let the grains swell. Fluff up with a fork and set aside.

2. Transfer the cooked quinoa to a large bowl with the chile, scallions, and mint. Mix thoroughly.

3. Sift together the flour, cumin, and paprika into a wide, deep bowl. Roll the chickpeas in the spiced flour.

4. Place the vegetable oil in a skillet over medium heat. Gently sauté the chickpeas, stirring frequently, for 2–3 minutes, letting them brown in patches.

5. To make the dressing, combine the olive oil and lemon juice in a small bowl, using a fork.

6. Stir the chickpeas into the quinoa mixture and quickly stir in the dressing. Serve warm or chilled.

Chickpea (gram) flour is made from ground dried chickpeas. It is pale yellow in color, has a slightly nutty flavor, and is gluten-free.



RED QUINOA & CHICKPEA SALAD



SPELT & CARROT SALAD



SERVES: 4

**PREP TIME: 25
MINS PLUS
STANDING**

**COOK TIME: 15
MINS**

INGREDIENTS

1½ cups pearl spelt, rinsed

½ teaspoon salt

2 tablespoons chopped fresh thyme

½ cup toasted pine nuts

5 scallions, thinly sliced

4 carrots

3 tablespoons salad cress or alfalfa sprouts, to serve

DRESSING

2 tablespoons orange juice

1 tablespoon lemon juice

¾-inch piece fresh ginger, squeezed in a garlic press

2 teaspoons soy sauce

⅓ cup extra virgin olive oil

salt and pepper, to taste

1. Put the spelt and salt into a saucepan with plenty of water to cover. Bring to a boil, then reduce the heat, cover, and simmer for 10 minutes, or according to the package directions, until tender but still chewy. Drain, then spread out on a tray to cool slightly. Transfer to a serving bowl while still lukewarm.

2. To make the dressing, combine the orange juice, lemon juice, and ginger juice in a small bowl. Add the soy sauce. Season with salt and pepper. Whisk in the oil.
3. Pour the dressing over the spelt, mixing gently with a fork. Stir in the thyme, pine nuts, and scallions.
4. Using a vegetable peeler, shave the carrots into thin ribbons, discarding the woody core. Add to the spelt mixture.
5. Let stand at room temperature for 30 minutes to let the flavors develop. Sprinkle with the cress or sprouts just before serving.

SPELT & CARROT SALAD



MONKFISH CEVICHE WITH RED QUINOA



Ceviche (from the Spanish *escabeche*, meaning “pickled fish”) is made with raw fish “cooked” in lemon or lime juice. Any firm, white fish can be used, but it must be absolutely fresh. Red quinoa adds appetizing color and makes the dish more substantial.

SERVES: 4

**PREP TIME: 25
MINS PLUS
MARINATING**

**COOK TIME: 20
MINS PLUS
STANDING**

INGREDIENTS

1 pound monkfish fillets or other firm, white fish, cubed

juice of 5–6 limes

$\frac{1}{3}$ cup red quinoa, rinsed

$\frac{2}{3}$ cup water

4 tomatoes

1 red onion, diced

1–2 small fresh green jalapeño chiles, seeded and diced

$\frac{1}{4}$ cup chopped fresh cilantro

1 large, ripe avocado, peeled, pitted, and cubed

extra virgin olive oil, for drizzling

salt and pepper, to taste

lime wedges, to garnish

1. Put the fish into a shallow, nonmetallic dish. Pour over enough of the lime juice to cover and marinate in the refrigerator for 3 hours, stirring occasionally, until opaque. Drain the fish, discarding the juice.

2. Put the quinoa into a saucepan with the water. Bring to a boil, then reduce the heat, cover, and simmer for 15 minutes, or according to the package directions. Remove from the heat, but keep the pan covered for an additional 5 minutes to let the grains swell. Fluff up with a fork and set aside.

3. Halve the tomatoes and discard the seeds. Cut into small dice and put into a bowl with the onion, chiles, and cilantro. Stir in the remaining lime juice. Season with salt and pepper.

4. Divide the tomato mixture among four plates. Top with the fish and 2 tablespoons of the quinoa. (Reserve the remainder for use in another dish.) Sprinkle the avocado over the top.

5. Season with salt and drizzle with oil. Garnish with lime wedges and serve immediately.

MONKFISH CEVICHE WITH RED QUINOA



ROASTED BEET & BARLEY SALAD



SERVES: 4

**PREP TIME: 20
MINS**

**COOK TIME: 40
MINS**

INGREDIENTS

2 raw beets, peeled and quartered
3 fresh thyme sprigs
 $\frac{1}{3}$ cup walnut oil
 $\frac{1}{2}$ cup pearl barley, rinsed
2 cups water
1 large red bell pepper, halved lengthwise and seeded
 $\frac{1}{4}$ cup walnut halves, coarsely chopped
small handful of arugula
thick balsamic vinegar, for drizzling
salt and pepper, to taste

1. Preheat the oven to 375°F. Preheat the broiler to high.
2. Divide the beets and thyme sprigs between two squares of aluminum foil. Sprinkle with a little of the oil and season with salt and pepper. Wrap in a loose package, sealing the edges. Roast in the preheated oven for 30–40 minutes, or until just tender.
3. Meanwhile, put the barley into a saucepan with the water and

½ teaspoon of salt. Bring to a boil, then reduce the heat, cover, and simmer for 35 minutes, or according to the package directions, until the grains are tender. Drain and transfer to a dish.

4. While the barley is cooking, place the red bell pepper halves, cut side down, on the broiler pan and broil for 10 minutes, or until blackened. Cover with a dish towel and let stand for 10 minutes. Remove and discard the skin and chop the flesh.

5. Divide the cooked barley among four plates. Slice the beet quarters in half and arrange on top of the barley. Top with the red pepper, walnuts, and arugula.

6. Drizzle with the remaining oil and some balsamic vinegar. Serve immediately.

ROASTED BEET & BARLEY SALAD





WHAT'S FOR DINNER?

Squash, Kale & Farro Stew

Barley & Lima Beans with Chorizo

Quinoa & Beet Burgers

Quinoa with Roasted Vegetables

Salmon Packages with Millet & Spinach

Grain Tips

Vegging Out

Broiled Sea Bass with Fried Quinoa

Buckwheat, Mushrooms & Roasted Squash

Quinoa-Stuffed Eggplants

Meatballs with Tomato Sauce

Chicken Stew with Freekeh

Buckwheat Noodles with Mushrooms

Broiled Shrimp with Crisp-Fried Red Rice

Baby Squash with Freekeh Stuffing

Three-Grain Pilaf with Chicken

SQUASH, KALE & FARRO STEW



SERVES: 6

**PREP TIME: 30
MINS**

**COOK TIME: 55
MINS**

INGREDIENTS

1 dense-fleshed squash, such as kabocha or butternut

2 tablespoons vegetable oil

1 onion, finely chopped

2 teaspoons dried oregano

2 garlic cloves, finely sliced

1 (14½-ounce) can diced tomatoes

3 cups vegetable stock

¾ cup quick-cooking farro, rinsed

4 cups sliced kale

1 (15-ounce) can chickpeas, drained and rinsed

⅓ cup chopped fresh cilantro

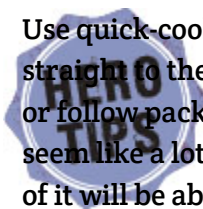
juice of 1 lime

salt and pepper, to taste

1. Cut the squash into quarters, peel, and seed. Cut the flesh into large cubes (you will need about 4 cups).

2. Heat the oil in a Dutch oven or heavy saucepan. Add the onion and sauté over medium heat for 5 minutes, until translucent. Add the oregano and garlic and sauté for 2 minutes.

3. Add the squash and cook, covered, for 10 minutes.
4. Add the tomatoes, stock, and farro, cover, and bring to a boil. Reduce the heat to a gentle simmer and cook for 20 minutes, stirring occasionally.
5. Add the kale and chickpeas. Cook for an additional 15 minutes, or until the kale is just tender.
6. Season with salt and pepper. Stir in the cilantro and lime juice just before serving.

A blue circular icon with a white border. Inside the circle, the words "HERO" and "TIPS" are written in a bold, white, sans-serif font, stacked vertically.

Use quick-cooking farro (*farro dicocco*) so you can add it straight to the casserole without soaking or precooking, or follow package directions to use regular farro. It may seem like a lot of stock, but once you add the farro, most of it will be absorbed, resulting in a stew with just the right amount of liquid.

SQUASH, KALE & FARRO STEW



BARLEY & LIMA BEANS WITH CHORIZO

Chorizo and red bell peppers add vibrant color and flavor to comforting pearl barley and lima beans. Use chorizo “picante” if you want to spice up the flavor even more, or add a chopped chile or two.

SERVES: 4

**PREP TIME: 15
MINS**

**COOK TIME: 1 HR
20 MINS**

INGREDIENTS

2 tablespoons vegetable oil
1 onion, chopped
3 celery stalks, sliced
2 red bell peppers, seeded and cut into squares
2 tablespoons chopped fresh oregano
2 large garlic cloves, chopped
1¼ pounds chorizo sausage, thickly sliced
1 cup pearl barley, rinsed
4 cups hot chicken stock
1 (15-ounce) can lima beans, drained and rinsed
salt and pepper, to taste
steamed cabbage, to serve

1. Heat the oil in a Dutch oven or heavy saucepan, add the onion, and sauté over medium-high heat for 5 minutes.
2. Add the celery, red bell peppers, oregano, and garlic and sauté

for an additional 5 minutes.

3. Add the chorizo and sauté for 5 minutes, turning frequently.

4. Stir in the barley and stock and season with salt and pepper. Bring to a boil, then cover and simmer for about 1 hour, until the barley is tender but still slightly chewy.

5. Add the beans and simmer for 5 minutes to heat through. Serve with steamed cabbage.

BARLEY & LIMA BEANS WITH CHORIZO



QUINOA & BEET BURGERS



MAKES: 8

**PREP TIME: 35
MINS**

**COOK TIME: 1 HR
10 MINS**

INGREDIENTS

4 fresh beets, peeled and cut into small cubes

$\frac{3}{4}$ cup quinoa, rinsed

$1\frac{1}{2}$ cups vegetable stock

$\frac{1}{2}$ small onion, grated

finely grated zest of $\frac{1}{2}$ lemon

2 teaspoons cumin seeds

1 extra-large egg white, lightly beaten

quinoa flour, for dusting

vegetable oil, for pan-frying

salt and pepper, to taste

slices of sourdough toast and peppery salad greens, to serve

WASABI BUTTER

$1\frac{1}{2}$ teaspoons wasabi powder

$\frac{3}{4}$ teaspoon warm water

4 tablespoons butter, at room temperature

1. Cook the beets in a steamer for 1 hour.
2. Meanwhile, put the quinoa into a saucepan with the stock. Bring to a boil, then cover and simmer over low heat for 10 minutes, or according to package directions. Remove from the

heat, but keep the pan covered for an additional 10 minutes to let the grains swell. Fluff up with a fork and spread out on a tray to dry.

3. To make the wasabi butter, mix together the wasabi powder and water. Mix with the butter and chill in the refrigerator.

4. Put the beets into a food processor and process until smooth. Transfer to a bowl with the quinoa, onion, lemon zest, cumin seeds, and egg white, season with salt and pepper, and mix together.

5. Divide the mixture into eight portions and shape into patties, each $\frac{1}{2}$ inch thick, firmly pressing the mixture together. Lightly dust with quinoa flour.

6. Heat a thin layer of oil in a nonstick skillet. Add the patties and sauté over medium-high heat, in batches if necessary, for 2 minutes on each side, turning carefully.

7. Place the burgers on the toast and serve with the wasabi butter and salad greens.

QUINOA & BEET BURGERS



QUINOA WITH ROASTED VEGETABLES



SERVES: 2

**PREP TIME: 20
MINS**

**COOK TIME: 30
MINS**

INGREDIENTS

2 bell peppers (any color), seeded and cut into chunks

1 large zucchini, cut into chunks

1 small fennel bulb, cut into thin wedges

1 tablespoon olive oil

2 teaspoons minced fresh rosemary

1 teaspoon chopped fresh thyme

$\frac{2}{3}$ cup white quinoa, rinsed

1½ cups gluten-free vegetable stock

2 garlic cloves, crushed

3 tablespoons chopped fresh flat-leaf parsley

$\frac{1}{3}$ cup pine nuts, toasted

salt and pepper, to taste

1. Preheat the oven to 425°F. Put the bell peppers, zucchini, and fennel in a roasting pan large enough to hold the vegetables in a single layer.

2. Drizzle the oil over the vegetables and sprinkle with the rosemary and thyme. Season well with salt and pepper and mix

well with clean hands. Roast in the preheated oven for 25–30 minutes, until tender and lightly charred.

3. Meanwhile, put the quinoa into a saucepan with the stock and garlic. Bring to a boil, then cover and simmer over low heat for 10 minutes or according to package directions. Remove from the heat, but keep the pan covered for an additional 7 minutes to let the grains swell. Fluff up with a fork.

4. Remove the vegetables from the oven. Add the quinoa to the roasting pan. Add the parsley and pine nuts and toss together. Serve warm or cold.



You can use long-grain brown rice instead of the quinoa for a delicious variation on this dish. Make sure to adjust the cooking time accordingly—brown rice takes around 30–45 minutes to cook.

QUINOA WITH ROASTED VEGETABLES



SALMON PACKAGES WITH MILLET & SPINACH



SERVES: 4

**PREP TIME: 20
MINS**

**COOK TIME: 30
MINS**

INGREDIENTS

- ¾ cup millet, rinsed
- 4 (6-ounce) salmon fillets, about 1¼ inches thick
- 1 leek, cut into matchsticks
- 1 carrot, cut into matchsticks
- 1 celery stalk, cut into matchsticks
- 1 tablespoon snipped fresh chives
- 6 tablespoons butter
- 1 (6-ounce) package baby spinach
- salt and pepper, to taste

1. Preheat the oven to 425°F and put a baking pan inside. Cut out four 13-inch squares of wax paper.
2. Bring a saucepan of water to a boil. Add the millet and ½ teaspoon of salt. Bring back to a boil, then reduce the heat and simmer briskly for 10 minutes, or according to the package directions. Drain and set aside.
3. Place a salmon fillet in the center of each wax paper square. Arrange the leek, carrot, and celery on top and sprinkle with the

chives. Season with salt and pepper and dot with half the butter. Roll up the edges of the paper securely, leaving room in the package for steam to circulate.

4. Place the packages on the preheated baking pan and bake in the preheated oven for 12 minutes.

5. Meanwhile, heat the remaining butter in a skillet over medium-high heat. Stir in the reserved millet and the spinach and heat until the spinach has just wilted. Season with salt and pepper.

6. Divide the millet and spinach among four plates and transfer the contents of one of the packages on top of each. Serve immediately.

SALMON PACKAGES WITH MILLET & SPINACH



GRAIN TIPS

SHOPPING

No longer confined to health-food stores, grains are taking pride of place in delicatessens, farm stores, food halls, and supermarkets, and they are easy to buy online. The choice is wide. The star of the show, quinoa, appears on the shelves almost everywhere, and more obscure grains, such as freekeh and millet, are gradually becoming more popular.

If you buy packaged grains, always make sure they are well within the expiration date, and don't buy more than you will probably need in that period. If you buy from stores where grains are sold in bins, make sure there is a good turnover.

STORING

Whole grains contain fat, and will, therefore, become rancid—although not immediately—if exposed to heat, light, and air. Once you get them home, decant into airtight containers and store in a cool, dark place or in the refrigerator.

Once cooked, it is best to serve grains straightaway. If this isn't possible, they should be refrigerated within an hour and eaten within 24 hours.

COOKING

Grains need cooking in liquid to make them edible. Water is the usual choice, but for more flavor, try using vegetable stock, diluted tomato juice, or the water from cooked vegetables. Milk, coconut milk, or fruit juice are other options. Adding a little salt will round out the flavor.

Remember that grains expand two to four times their size as they cook, so use a saucepan large enough to allow for this. It

should have a tight-fitting lid to keep in the steam, and a heavy bottom to prevent the grains from sticking. A wide saucepan is better than a tall one—grains need room to spread out and a large surface area lets the liquid evaporate more quickly and the grains cook evenly without becoming mushy.

VEGGING OUT



If you are a vegetarian, you need to balance your diet with a variety of foods. The bulk of these should be the starchy carbohydrate-rich type to give you energy, plus vegetables and fruit, moderate amounts of protein foods, and a small amount of fat.

Whole grains are multitaskers in this respect, providing most of the nutrients you need. The bulk of the grain (the endosperm) is made up of energy-rich carbohydrate and some protein. At its heart lies the fatty embryo, or “germ,” that also contains protein. Surrounding both is the bran layer—another source of protein and fat, plus minerals, the B vitamins, vitamin E, and cholesterol-lowering fiber.

Compared with their highly processed counterparts—polished white rice, for example—whole grains contain more than the average amount of minerals and higher levels of most of the B vitamins, and some even provide “complete” protein that’s on a par with animal protein.

As the recipes in this book show, it’s really easy to incorporate grains into a wide range of vegetarian snacks and meals. Just look out for the above symbol—this appears throughout this book to indicate which recipes are suitable for incorporating into a vegetarian diet.



BROILED SEA BASS WITH FRIED QUINOA



SERVES: 2

**PREP TIME: 20
MINS**

**COOK TIME: 40
MINS PLUS
STANDING**

INGREDIENTS

1 cup water

½ cup white quinoa, rinsed

2 whole (12-ounce) sea bass, scaled and gutted, heads removed

2 teaspoons fennel seeds, crushed

½ preserved lemon, coarsely chopped

3 tablespoons olive oil, plus extra for brushing

⅓ cup chopped fresh flat-leaf parsley

salt and pepper, to taste

lemon wedges, to garnish

1. Put the water and quinoa into a saucepan and bring to a boil. Cover and simmer over low heat for 10 minutes, or according to the package directions. Remove from the heat, but keep the pan covered for an additional 10 minutes to let the grains swell. Fluff up with a fork and spread out on a tray to dry.
2. Make two slashes on each side of the fish. Combine the fennel seeds, preserved lemon, ¼ teaspoon of salt, and ¼ teaspoon of pepper. Stuff the mixture into the slits.

3. Put the quinoa into an 11–12-inch skillet. Put over medium–high heat and sprinkle with the oil. Cook for 2 minutes, then reduce the heat to medium and cook for an additional 15 minutes, stirring, until slightly crispy. Stir in the parsley and season with salt and pepper. Set aside and keep warm until ready to serve.

4. Preheat the broiler. Line a baking pan with aluminum foil. Brush the fish generously with oil and put on the prepared pan. Put under the preheated broiler and cook for 4–5 minutes on each side, until the flesh is opaque.

5. Divide the quinoa between two plates. Place the fish on top, garnish with lemon wedges, and serve immediately.

BROILED SEA BASS WITH FRIED QUINOA



BUCKWHEAT, MUSHROOMS & ROASTED SQUASH



Roasted buckwheat is golden brown in color and has a nuttier flavor than unroasted buckwheat. On its own, it can taste plain, but mushrooms, onions, and sweet-sharp balsamic-glazed squash provide this dish with appetizingly rich flavors.

SERVES: 4

**PREP TIME: 25
MINS**

**COOK TIME: 30
MINS**

INGREDIENTS

1 squash, such as kabocha or butternut squash
1 tablespoon gluten-free thick balsamic vinegar
½ cup olive oil
large pat of butter
1¼ cups roasted buckwheat, rinsed
1 egg, lightly beaten
2 cups hot gluten-free vegetable stock
1 onion, halved and sliced
4 cups quartered, small cremini mushrooms
2 tablespoons lemon juice
⅓ cup chopped fresh flat-leaf parsley
¼ cup walnut halves coarsely chopped
salt and pepper, to taste

1. Preheat the oven to 400°F. Cut the squash into eight wedges, peel, and seed.
2. Put the squash into a roasting pan and toss with the vinegar and $\frac{1}{3}$ cup of the oil. Season with salt and pepper and dot with the butter. Roast in the oven for 25–30 minutes, until slightly caramelized.
3. Meanwhile, put the buckwheat into a skillet. Add the egg, stirring to coat the grains. Stir over medium heat for 3 minutes, until the egg moisture has evaporated. Add the stock and $\frac{1}{2}$ teaspoon of salt. Simmer for 9–10 minutes, or according to the package directions, until the grains are tender but not disintegrating. Remove from the heat.
4. Heat the remaining oil in a deep skillet. Add the onion and sauté over medium heat for 10 minutes. Season with salt and pepper. Add the mushrooms and sauté for 5 minutes. Stir in the buckwheat, lemon juice, and most of the parsley.
5. Transfer the buckwheat mixture to four plates and arrange the squash on top. Sprinkle with the walnuts and the remaining parsley. Serve.

BUCKWHEAT, MUSHROOMS & ROASTED SQUASH



QUINOA-STUFFED EGGPLANTS



SERVES: 2

**PREP TIME: 15
MINS**

**COOK TIME: 45
MINS**

INGREDIENTS

2 eggplants
1 tablespoon olive oil
1 small onion, diced
2 garlic cloves, finely chopped
 $\frac{3}{4}$ cup white quinoa, rinsed
1½ cups gluten-free vegetable stock
1 teaspoon salt
pinch of pepper
2 tablespoons slivered almonds, toasted
3 tablespoons finely chopped fresh mint
 $\frac{1}{2}$ cup crumbled vegetarian feta cheese

1. Preheat the oven to 450°F. Put the eggplants in a baking pan and bake in the preheated oven for 15 minutes, or until soft. Remove from the oven and let cool slightly.
2. Meanwhile, heat the oil in a large, heavy skillet over medium-high heat. Add the onion and garlic and cook, stirring occasionally, for about 5 minutes, or until soft. Add the quinoa,

stock, salt, and pepper.

3. Cut each eggplant in half lengthwise and scoop out the flesh, leaving a $\frac{1}{4}$ -inch-thick border inside the skin so they hold their shape.

4. Chop the eggplant flesh and stir it into the quinoa mixture in the skillet. Reduce the heat to low-medium, cover, and cook for about 15 minutes, or according to the quinoa package directions, until the quinoa is cooked through. Remove from the heat and stir in the slivered almonds, 2 tablespoons of the mint, and half the cheese.

5. Divide the quinoa mixture equally among the eggplant skins and top with the remaining cheese. Bake for about 10–15 minutes, or until the cheese is bubbling and beginning to brown. Garnish with the remaining mint and serve.

QUINOA-STUFFED EGGPLANTS



MEATBALLS WITH TOMATO SAUCE



Milled chia seeds are used here instead of bread crumbs to bind the meatball mixture. The seeds develop a sticky gel-like texture when moistened, making them an excellent source of slow-release carbohydrates.

SERVES: 4

**PREP TIME: 25
MINS**

**COOK TIME: 45
MINS**

INGREDIENTS

1 (28-ounce) can diced tomatoes

5 garlic cloves, crushed

2 teaspoons dried oregano

$\frac{2}{3}$ cup olive oil

$\frac{1}{2}$ teaspoon salt

chopped fresh flat-leaf parsley and freshly grated Parmesan cheese, to serve

MEATBALLS

1 small onion, grated

finely grated zest of 1 large lemon

2 garlic cloves, crushed

2 teaspoons dried oregano

1 teaspoon salt

$\frac{3}{4}$ teaspoon pepper

1 extra-large egg white, lightly beaten
1 pound fresh ground pork
8 ounces fresh ground beef
¼ cup milled chia seeds

1. First, make the meatballs. Mix together the onion, lemon zest, garlic, and oregano with the salt, pepper, and egg white.
2. Combine the pork and beef in a large bowl. Add the egg white mixture, mixing together well. Mix in the chia seeds and let stand.
3. Meanwhile, put the tomatoes into a large saucepan with the garlic and oregano, ¼ cup of the oil, and the salt. Bring to a boil, then simmer briskly, uncovered, for 30 minutes, until thickened.
4. Divide the meat mixture into 20 balls, rolling them in the palm of your hand until firm.
5. Heat the remaining oil in a large skillet. Add the meatballs and cook for about 8 minutes, turning frequently, until brown all over. Transfer to paper towels to drain, then add to the sauce and simmer for 5 minutes.
6. Transfer the meatballs and sauce to plates, sprinkle with parsley, and serve with Parmesan.

MEATBALLS WITH TOMATO SAUCE



CHICKEN STEW WITH FREEKEH

SERVES: 4

**PREP TIME: 25
MINS**

**COOK TIME: 55
MINS**

INGREDIENTS

1 teaspoon harissa paste

1 tablespoon cumin seeds

½ teaspoon pepper

1 teaspoon salt

½ cup olive oil

2¼ pounds mixed root vegetables, such as carrots, turnips, and Yukon gold or red-skinned potatoes, peeled and cut into large chunks

8 chicken thighs

2 onions, chopped

2 large garlic cloves, thinly sliced

⅔ cup chicken stock

1½ cups freekeh, rinsed

3 cups water

⅓ cup chopped fresh cilantro

1. Whisk together the harissa, cumin seeds, pepper, ½ teaspoon of the salt, and ⅓ cup of the oil. Pour half the mixture over the root vegetables and toss to coat. Rub the remainder into the chicken.
2. Heat 2 tablespoons of the remaining oil in a large saucepan. Add the onions and gently sauté for 5 minutes. Add the garlic and sauté for 2 minutes. Add the vegetables, cover, and sauté for

an additional 10 minutes.

3. Heat the remaining oil in a skillet. Add the chicken and cook, turning, for 6–8 minutes, until brown all over, then add to the vegetable mixture. Pour in the stock, cover, and simmer for 30 minutes, or until the chicken is cooked through.

4. Meanwhile, put the freekeh into a saucepan with the water and the remaining salt. Bring to a boil, cover, and simmer for 25 minutes, or according to the package directions.

5. Transfer the chicken and vegetables to a colander set over a bowl. Pour the drained juices back into the pan and simmer until thickened.

6. Drain the freekeh and transfer to a large serving dish. Arrange the chicken and vegetables on top, and pour the juices over them. Sprinkle with the cilantro and serve immediately.

CHICKEN STEW WITH FREEKEH



BUCKWHEAT NOODLES WITH MUSHROOMS



Also known as soba, these noodles make a satisfying super-nutritious dish when combined with exotic mushrooms, edamame (soybeans) and tasty seasonings. It's ideal for vegans and, if you use tamari (Japanese wheat-free soy sauce), it's gluten-free, too.

SERVES: 4

**PREP TIME: 15
MINS**

**COOK TIME: 15
MINS**

INGREDIENTS

8 ounces gluten-free buckwheat noodles, broken into short lengths

1 $\frac{2}{3}$ cups frozen edamame (soybeans)

$\frac{1}{3}$ cup vegetable oil

$\frac{3}{4}$ -inch fresh ginger, peeled and finely chopped

1 leek, the green middle part only, thinly sliced lengthwise

2 large garlic cloves, thinly sliced lengthwise

8 ounces buna shimeji, mushrooms (or use sliced oyster or shiitake mushrooms)

$\frac{1}{2}$ teaspoon pepper

juice of $\frac{1}{2}$ lime

3 tablespoons tamari (wheat-free soy sauce)

TO SERVE

1 tablespoon toasted sesame oil

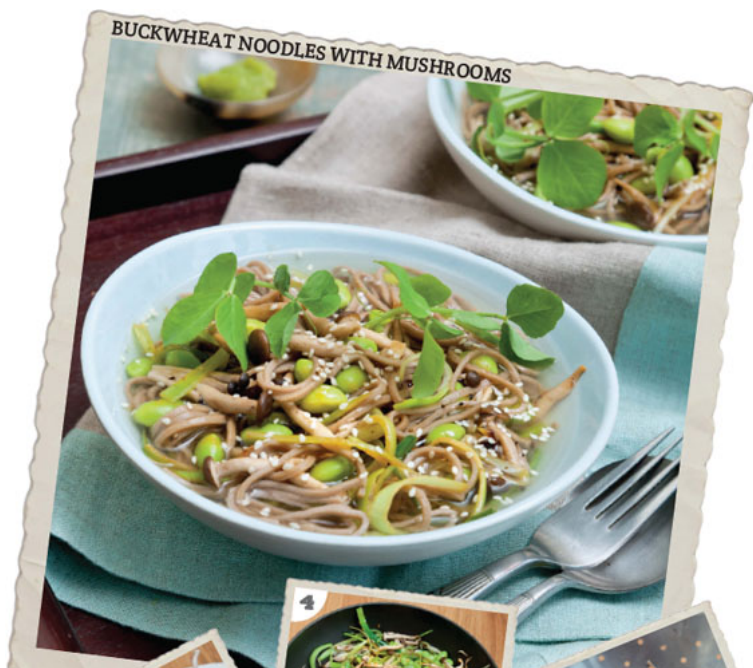
2 teaspoons sesame seeds

⅓ cup pea shoots

gluten-free wasabi paste

1. Bring a large saucepan of water to a boil. Add the noodles, bring back to a boil, and cook according to package directions. Drain, reserving the cooking water, rinse well, and set aside.
2. Meanwhile, bring a separate saucepan of water to a boil, then add the edamame. Bring back to a boil and cook for 3 minutes. Drain and keep warm.
3. Heat the vegetable oil in a wok or large skillet. Add the ginger, leek, and garlic and sauté over medium-high heat for 1 minute.
4. Discard the bottom of the mushroom clumps and separate the mushrooms. Add to the wok and sauté for 3 minutes, until the mushrooms release their juices.
5. Add the pepper, lime juice, and tamari. Cook for an additional minute, then add the reserved beans.
6. Reheat the reserved cooking water. Add the noodles and swirl until hot, then divide among four bowls. Spoon the vegetable mixture on top. Add the sesame oil and sesame seeds, sprinkle with the pea shoots, and serve immediately with wasabi paste.

BUCKWHEAT NOODLES WITH MUSHROOMS



BROILED SHRIMP WITH CRISP-FRIED RED RICE



SERVES: 4

**PREP TIME: 30
MINS PLUS
MARINATING &
SOAKING**

COOK TIME: 1 HR

INGREDIENTS

1 pound raw jumbo shrimp, peeled and deveined
juice of 4 limes
1 small fresh red chile, seeded and finely chopped
 $\frac{1}{3}$ cup olive oil
 $\frac{2}{3}$ cup Camargue red rice or long-grain brown rice, rinsed
 $1\frac{1}{4}$ cups water
3 heads of red endive, leaves separated
10–12 radishes, sliced
3 scallions, shredded
 $\frac{1}{4}$ cup red quinoa sprouts (see [Grow To It](#))
salt and pepper, to taste

1. Put the shrimp into a shallow dish. Stir in the lime juice, chile, and 2 tablespoons of the oil. Let marinate in the refrigerator for 2 hours.
2. Put the rice into a saucepan with the water and $\frac{1}{2}$ teaspoon of salt. Bring to a boil, then cover and simmer for 40 minutes, or

according to the package directions. Fluff up with a fork and spread out on a tray to dry.

3. Meanwhile, soak four wooden skewers in a shallow dish of water for at least 30 minutes. Preheat the broiler.

4. Add the rice to a skillet large enough to spread it out in a thin layer. Put over medium-high heat and drizzle with the remaining oil. Cook for a few minutes, until a crust forms. Turn and cook for another few minutes. Keep warm over low heat until ready to serve.

5. Meanwhile, drain the shrimp, thread onto the soaked skewers, and season with salt and pepper. Cook under the preheated broiler for 5–6 minutes, until pink all over.

6. Divide the endive among four plates and top with the rice, radishes, and scallions. Remove the shrimp from the skewers and arrange on top of the salad. Sprinkle with the quinoa sprouts and serve.

BROILED SHRIMP WITH CRISP-FRIED RED RICE



BABY SQUASH WITH FREEKEH STUFFING



SERVES: 4

**PREP TIME: 30
MINS**

**COOK TIME: 1 HR
10 MINS**

INGREDIENTS

¾ cup freekeh, rinsed

1½ cups water

1½ tablespoons tomato paste

4 round baby squash, about 4 inches in diameter

3 tablespoons olive oil, plus extra for oiling and drizzling

1 onion, finely chopped

2 garlic cloves, finely chopped

⅓ cup walnut halves, coarsely chopped

½ cup drained and rinsed canned black beans

¼ cup chopped fresh flat-leaf parsley

4 ounces vegetarian halloumi cheese, Muenster cheese, or mozzarella cheese, sliced

salt and pepper, to taste

1. Put the freekeh into a saucepan with the water, tomato paste, and ½ teaspoon of salt. Bring to a boil, cover, and simmer for 25 minutes, or according to the package directions, then drain and set aside.
2. Preheat the oven to 400°F. Lightly oil a roasting pan. Slice the

top third off the squash and scoop out the seeds.

3. Heat the 3 tablespoons of oil in a skillet, add the onion, and sauté over medium heat for 3 minutes. Add the garlic, walnuts, and beans and cook for an additional 2 minutes. Transfer to a bowl. Stir in the reserved freekeh and the parsley and season with salt and pepper. Spoon the mixture into the squash, packing it in well.

4. Place the squash in the prepared pan. Cover the pan with a thick layer of aluminum foil, sealing well, and roast in the preheated oven for 30 minutes. Remove from the oven and increase the oven temperature to 425°F.

5. Arrange the cheese on top of the squash and drizzle with a little oil. Return to the oven and roast, uncovered, for an additional 5–8 minutes, until the cheese is slightly browned. Serve immediately.

BABY SQUASH WITH FREEKEH STUFFING



THREE-GRAIN PILAF WITH CHICKEN



SERVES: 4

**PREP TIME: 20
MINS**

**COOK TIME: 1 HR 5
MINS**

INGREDIENTS

1/3 cup red quinoa, rinsed
1/4 cup Camargue red rice or long-grain brown, rinsed
1/4 cup millet, rinsed several times
1/4 cup vegetable oil
1 red onion, finely chopped
3 celery stalks, finely sliced
3 carrots, shredded
4 scallions, some green included, thinly sliced
2 small skinless, boneless chicken breasts, thinly sliced
juice of 2 small oranges
1/2 cup dried cranberries
3 tablespoons whole almonds, halved lengthwise
salt and pepper, to taste

1. Put the quinoa and rice into separate saucepans with 1/2 teaspoon of salt and water to cover by about 1/2 inch. Bring to a boil, then cover and gently simmer the quinoa for 10 minutes and the rice for 40 minutes, or according to the package directions. Remove from the heat and let stand, covered, for an

additional 5 minutes to let the grains swell. Fluff up with a fork.

2. Meanwhile, bring a large saucepan of water to a boil. Add the millet and $\frac{1}{2}$ teaspoon of salt. Simmer briskly for 10 minutes, or according to the package directions, then drain and set aside.

3. Heat 2 tablespoons of the oil in a large, deep skillet. Add the onion and gently sauté for 5 minutes.

4. Add the celery, carrots, and scallions and sauté for 2–3 minutes, until just tender. Season with salt and pepper, remove from the pan, and set aside.

5. Add the remaining oil to the pan and place over medium–high heat. Add the chicken and cook until cooked through. Add the reserved quinoa, rice, and millet and toss for 2 minutes.

6. Add the reserved vegetables, the orange juice, cranberries, and almonds, and toss with the grains until heated through. Serve immediately.

THREE-GRAIN PILAF WITH CHICKEN





SWEET NOTHINGS

Creamy Coconut & Mango Quinoa

Amaranth & Berry Dessert

Plum & Hazelnut Crisp

Better Baked Goods

Apricot & Raisin Oat Bars

Honey & Blueberry Crunch Bars

Walnut & Chocolate Tart

Spicy Squash Cake

Clementine Almond Cake

CREAMY COCONUT & MANGO QUINOA



SERVES: 4

**PREP TIME: 15
MINS PLUS
STANDING**

**COOK TIME: 20
MINS PLUS
STANDING**

INGREDIENTS

- 1¼ cups coconut milk
- ⅔ cup white quinoa, rinsed
- 1 large ripe mango
- ⅓ cup granulated sugar
- juice of 1 large lime
- 1½-inch piece fresh ginger, sliced into chunks
- ⅔ cup blueberries
- ¼ cup toasted coconut shavings
- 4 lime wedges, to decorate

1. Put the coconut milk and quinoa into a small saucepan over medium heat and bring to a boil. Reduce the heat, cover, and simmer for 15–20 minutes, or according to the package directions, until most of the liquid has evaporated. Remove from the heat, but keep the pan covered for an additional 10 minutes to let the grains swell. Fluff up with a fork, transfer to a bowl, and let cool.
2. Meanwhile, peel the mango, discard the pit, and coarsely chop

the flesh. Put the mango into a food processor with the sugar and lime juice. Squeeze the ginger in a garlic press and add the juice to the mango mixture. Process for 30 seconds to make a smooth puree.

3. Mix the mango mixture into the cooled quinoa and let stand for 30 minutes.

4. Divide the mixture among four bowls and sprinkle with the blueberries and coconut shavings. Decorate with lime wedges and serve.

CREAMY COCONUT & MANGO QUINOA



AMARANTH & BERRY DESSERT



SERVES: 4

**PREP TIME: 10
MINS PLUS
SOAKING &
CHILLING**

**COOK TIME: 20
MINS PLUS
STANDING**

INGREDIENTS

½ cup amaranth, soaked overnight

1 cup water

3 cups frozen mixed berries, such as blackberries, blueberries, and raspberries, thawed

⅓ cup sugar, or to taste

lemon juice, to taste

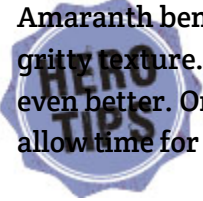
whipped cream, to serve

1. Drain the amaranth through a fine strainer, then put it into a saucepan with the water. Bring to a boil, then cover and simmer over low heat for 15 minutes, or according to the package directions. Remove from the heat, but keep the pan covered for an additional 10 minutes to let the grains swell.
2. Meanwhile, put the berries and sugar into a saucepan, heat over medium heat until almost boiling, then reduce the heat to low and simmer for 3–4 minutes, until soft.
3. Set aside half the berries. Put the remainder into a blender and

puree until smooth.

4. Stir the puree into the amaranth with lemon juice. Cover and chill in the refrigerator for 1 hour.

5. Divide the mixture among four bowls. Stir in the reserved berries, top each with a spoonful of cream, and serve immediately.



Amaranth benefits from a thorough soak to soften its gritty texture. Overnight is a minimum but 24 hours is even better. Once the grains are cooked, it's important to allow time for them to swell before mixing with the fruit.

AMARANTH & BERRY DESSERT



PLUM & HAZELNUT CRISP



SERVES: 6

**PREP TIME: 15
MINS**

**COOK TIME: 25
MINS**

INGREDIENTS

- 10 ripe red plums
- $\frac{2}{3}$ cup water
- $\frac{1}{3}$ cup sugar
- 4 thinly pared strips of orange zest

CRUMB TOPPING

- 1 stick unsalted butter
- 1 cup quinoa flour
- $\frac{3}{4}$ cup gluten-free rolled oats
- $\frac{2}{3}$ cup sugar
- 2 teaspoons vanilla extract
- $\frac{1}{4}$ cup toasted hazelnuts, chopped

1. Slice the plums in half lengthwise. Separate the two halves and discard the pits. Slice in half again to make quarters.
2. Arrange the plums, skin side up, in a single layer in the bottom of a 10 x 7½-inch baking dish.
3. Put the water, sugar, and orange zest into a small saucepan, bring to a boil, and boil for about 5 minutes, or until syrupy. Remove and discard the orange zest. Pour the syrup over the

plums.

4. Preheat the oven to 375°F. To make the crumb topping, rub the butter into the flour. Add the remaining ingredients and mix to form a crumbly dough. Add 1 tablespoon of water if the mixture seems too dry.

5. Sprinkle the crumb topping evenly over the plums. Bake in the preheated oven for 20 minutes, until the juices are bubbling and the plums are cooked through. Cover with aluminum foil if the topping starts to brown too quickly. Remove from the oven, spoon the fruit crisp into bowls, and serve immediately.

PLUM & HAZELNUT CRISP



BETTER BAKED GOODS

If you enjoy baking, you'll have fun experimenting with whole-grain flours. As well as whole-wheat flour, there are less familiar ones, such as millet or buckwheat flours, and those made with pseudo-grains, such as quinoa and amaranth. They provide extra nutrients as well as interesting textures and flavors, and can all be used successfully to make moist cakes, crisp cookies and pastry, and tasty bread.

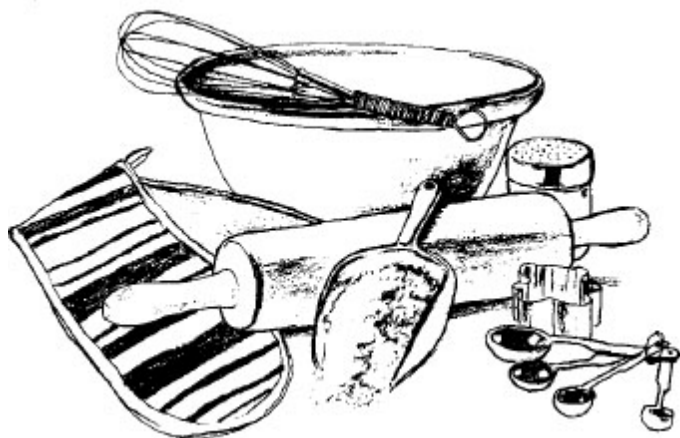
GLUTEN

Flour is categorized in terms of its "strength," which in turn is a measure of its gluten content. Gluten is a type of protein contained in the starchy part of the grain. When kneaded with water and yeast, it helps produce an elastic, aerated dough that rises well and holds together when cooked.

Although it produces superior dough, gluten can also cause digestion problems in people with celiac disease, who must follow a gluten-free diet. Fortunately, several of the whole-grain flours are gluten-free, and there are an increasing number of gluten-free flour blends on the market, along with products that thicken and emulsify gluten-free ingredients, such as xanthan gum and guar gum. The chart on the opposite page shows which grains are gluten-free.

Whole-grain flours that are low in gluten or completely gluten-free need handling a little differently than regular wheat flour to lighten the texture of pastry and cakes. They can be either combined with a high-gluten flour or given a boost with a leavening agent, such as buttermilk, baking soda, or baking

powder (the latter may contain a form of wheat starch so, if you need to avoid gluten, check the label before use). They usually need more liquid to be added and benefit from a resting period after kneading to let the bran soften.



	Contains gluten	Gluten-free
Amaranth		X
Barley	X	
Buckwheat		X
Chia		X
Cornmeal		X
Farro	X	
Freekeh	X	
Khorasan	X	
Millet		X
Oats*		X
Quinoa		X
Rice		X
Rye	X	
Spelt	X	
*Oats are theoretically gluten-free but may be cross-contaminated during growing, harvesting, or processing with grains that are not. Look for oats promoted as "gluten-free" on the package.		

HUMIDITY

The amount of moisture in the air will affect your bread or pastry dough. When the air is damp, you may need to add less liquid, and vice versa on hot, dry days, or even on bone-chilling days when the heating is blasting. Experience will tell you when dough feels “just right.” If it’s too sticky or too dry, just sprinkle with a little flour or water and gradually work it in.

STORING

Whole-grain flours last for months if stored in airtight containers in a cool, dark place. If you haven’t used the flour for a while, smell or taste a pinch before using it. It shouldn’t be musty or rancid.

APRICOT & RAISIN OAT BARS



Perfect if you're counting calories, these fiber-rich cereal bars contain almost no fat but have plenty of flavor and are moist and chewy. They will keep for more than a week in a sealed plastic container, so it's worth making a double batch.

MAKES: 12 BARS PREP TIME: 15 MINS

COOK TIME: 45 MINS PLUS COOLING

INGREDIENTS

2 cups dried apricots
2 tablespoons sunflower oil, plus extra for oiling
finely grated zest of ½ orange
seeds from 5 cardamom pods, crushed (optional)
1 cup raisins
1¼ cups gluten-free rolled oats

1. Put the apricots into a saucepan with enough water to cover. Heat over medium heat until almost boiling, then reduce the heat and simmer for 5 minutes, or until completely soft. Drain.
2. Put the apricots into a food processor with the 2 tablespoons of

oil and puree.

3. Put the puree into a bowl and stir in the orange zest and the cardamom seeds, if using. Let cool.

4. Preheat the oven to 350°F. Brush an 8-inch square baking pan with oil.

5. Stir the raisins and oats into the apricot mixture.

6. Spread out the batter in the prepared pan, leveling the surface with a spatula. Bake in the preheated oven for 35–40 minutes, until firm. Cover with aluminum foil after about 25 minutes to prevent it from burning.

7. Let cool in the pan for 15 minutes. Turn out onto a wire rack and let cool completely before cutting into bars.

APRICOT & RAISIN OAT BARS



HONEY & BLUEBERRY CRUNCH BARS



MAKES: 12 BARS

**PREP TIME: 15
MINS**

**COOK TIME: 30
MINS PLUS
COOLING**

INGREDIENTS

sunflower oil, for oiling

$\frac{3}{4}$ cup gluten-free flour blend

$\frac{3}{4}$ teaspoon gluten-free baking powder

$\frac{1}{2}$ cup quinoa flakes

$3\frac{2}{3}$ cups puffed rice

$\frac{1}{2}$ cup slivered almonds

$1\frac{1}{2}$ cups blueberries

$\frac{1}{2}$ cup dairy-free spread

$\frac{1}{2}$ cup honey

1 egg, beaten

1. Preheat the oven to 350°F. Brush a shallow 11 x 7-inch baking pan with oil and line the bottom with parchment paper.
2. Mix together the flour, baking powder, quinoa, puffed rice, almonds, and blueberries. Put the spread and honey into a pan and heat gently until melted, then stir evenly into the dry ingredients with the egg.
3. Spread out the batter in the prepared pan, leveling the surface

with a spatula. Bake in the preheated oven for 25–30 minutes, until golden brown and firm.

4. Let cool in the pan for 15 minutes, and cut into 12 bars. Transfer to a wire rack to cool completely.

HONEY & BLUEBERRY CRUNCH BARS



WALNUT & CHOCOLATE TART



SERVES: 8-10

**PREP TIME: 35
MINS PLUS
CHILLING**

**COOK TIME: 45
MINS PLUS
COOLING**

INGREDIENTS

2 cups walnut pieces

$\frac{3}{4}$ cup plus 2 tablespoons granulated sugar

3 eggs

12 amaretti cookies, coarsely crushed

4 tablespoons unsalted butter, melted, plus extra for greasing

3 ounces semisweet chocolate or bittersweet chocolate, melted

1 tablespoon instant coffee granules

BUCKWHEAT PASTRY DOUGH

1 cup buckwheat flour

$\frac{2}{3}$ cup all-purpose flour

1 tablespoon unsweetened cocoa powder

2 tablespoons sugar

1 stick unsalted butter

1½ tablespoons chilled water

1. To make the dough, sift the flours, cocoa powder, and sugar into a large bowl. Rub in the butter with your fingertips until the mixture resembles bread crumbs. Mix in the water with a fork.

Knead lightly, then wrap in plastic wrap and chill for 30 minutes.

2. Preheat the oven to 325°F. Grease a deep 9½-inch round tart pan.

3. Roll the dough into a circle and use to line the pan. Trim the edges with a rolling pin.

4. Put 1¾ cups of the walnuts and ¼ cup of the sugar into a food processor and grind to a powder. Chop the remaining walnuts and set aside.

5. Beat together the remaining sugar and the eggs for 5 minutes, until thick. Beat in the walnut mixture, followed by the amaretti cookies, butter, chocolate, and coffee granules.

6. Spoon into the pastry shell and bake in the preheated oven for 35 minutes. Remove from the oven and decorate with the reserved chopped walnuts. Return to the oven and bake for an additional 10 minutes, or until a toothpick inserted into the center comes out clean.

7. Let cool in the pan for 15 minutes before turning out.

WALNUT & CHOCOLATE TART



SPICY SQUASH CAKE



SERVES: 8

**PREP TIME: 30
MINS PLUS
SOAKING**

**COOK TIME: 1 HR
15 MINS PLUS
COOLING**

INGREDIENTS

$\frac{2}{3}$ cup golden raisins

$\frac{1}{2}$ butternut squash, peeled, seeded, and diced

1 $\frac{1}{4}$ sticks unsalted butter, plus extra for greasing

$\frac{3}{4}$ cup granulated sugar

$\frac{1}{2}$ cup whole almonds, chopped

$\frac{1}{4}$ cup candied peel

finely grated zest of 1 lemon

1 $\frac{1}{2}$ teaspoons ground cinnamon

1 $\frac{1}{2}$ teaspoons ground ginger

$\frac{3}{4}$ cup khorasan flour

1 teaspoon baking powder

2 eggs, separated

confectioners' sugar, for dusting

1. Put the golden raisins into a bowl, pour enough boiling water over them to cover, and let soak.
2. Preheat the oven to 350°F. Grease and line a 9-inch springform cake pan.
3. Put the squash and butter into a saucepan. Cover and cook

over medium heat for about 15 minutes, until soft. Transfer to a bowl and beat until smooth.

4. Stir in the sugar, almonds, candied peel, lemon zest, cinnamon, ginger, and golden raisins, mixing them together well.

5. Sift together the flour and baking powder, adding any bran remaining in the strainer into the bowl. Gradually beat into the squash mixture.

6. Beat the egg yolks for about 3 minutes, until thick. Fold into the squash mixture.

7. Whisk the egg whites until they hold stiff peaks. Fold carefully into the mixture using a large metal spoon. Spoon the batter into the prepared pan.

8. Bake in the preheated oven for 1 hour, or until a toothpick inserted into the center comes out clean. Turn out onto a wire rack to cool. Dust with confectioners' sugar just before serving.

SPICY SQUASH CAKE



CLEMENTINE ALMOND CAKE



SERVES: 8-10

**PREP TIME: 30
MINS**

**COOK TIME: 40
MINS PLUS
COOLING**

INGREDIENTS

1 stick unsalted butter, plus extra for greasing

$\frac{2}{3}$ cup granulated sugar

4 eggs, separated

1 $\frac{1}{4}$ cups millet flour

2 teaspoons gluten-free baking powder

1 $\frac{1}{4}$ cups ground almonds (almond meal)

juice and finely grated zest of 2 clementines

SYRUP

juice of 4 clementines

$\frac{1}{2}$ cup granulated sugar

TOPPING

1 cup vegetarian low-fat cream cheese

2 tablespoons granulated sugar

2 tablespoons extra-thick heavy cream

1. Preheat the oven to 350°F. Grease a 9-inch springform cake pan.

2. Beat together the butter and sugar for 3 minutes, until fluffy. Gradually beat in the egg yolks.
3. Combine the flour, baking powder, and ground almonds, then beat into the butter, sugar, and egg yolk mixture. Mix in the clementine juice, reserving the zest.
4. Whisk the egg whites until they hold stiff peaks. Fold carefully into the mixture using a large metal spoon. Spoon the batter into the prepared pan.
5. Bake in the preheated oven for 30–40 minutes, until a toothpick inserted into the center comes out clean.
6. Meanwhile, to make the syrup, put the clementine juice and sugar into a small saucepan, bring to a boil, and boil for 3 minutes, until syrupy.
7. Make holes all over the surface of the cake with a toothpick. Pour the hot syrup over the cake. When it has trickled into the holes, remove from the pan and transfer to a wire rack to cool completely.
8. To make the topping, beat together the cream cheese, sugar, and cream. Spread over the cake and sprinkle with the reserved clementine zest.

CLEMENTINE ALMOND CAKE



INDEX

Almonds

Clementine Almond Cake

Quinoa, Grape & Almond Salad

amaranth

Amaranth & Berry Dessert

Chile & Amaranth Cornbread

Apricot & Raisin Oat Bars

avocados: Chicken, Papaya & Avocado Salad

bananas: Khorasan, Banana & Walnut Bread

barley

Barley & Lima Beans with Chorizo

Roasted Beetroot & Barley Salad

beans

Barley & Lima Beans with Chorizo

Black Bean & Quinoa Burritos

Black Bean, Squash & Corn Soup

Farro & Cranberry Bean Soup

beef: Meatballs with Tomato Sauce

beets

Quinoa & Beet Burgers

Roasted Beet & Barley Salad

berries

Amaranth & Berry Dessert

Honey & Blueberry Crunch Bars

Mixed Berry Smoothie

buckwheat

Buckwheat, Mushrooms & Roasted Squash

Buckwheat Noodles with Mushrooms

Buckwheat Pancakes with Ricotta

carrots: Spelt & Carrot Salad

cheese

Buckwheat Pancakes with Ricotta

Green Farro Salad with Feta

Mozzarella Salad with Quinoa Sprouts

chia

Meatballs with Tomato Sauce

Mixed Berry Smoothie

chicken

Chicken Stew with Freekeh

Chicken, Papaya & Avocado Salad

Three-Grain Pilaf with Chicken

chickpeas

Red Quinoa & Chickpea Salad

Squash, Kale & Farro Stew

Chile & Amaranth Cornbread

chives: Quinoa Scrambled Eggs with Chives

chocolate

Chocolate, Cranberry & Nut Muffins

Walnut & Chocolate Tart

chorizo: Barley & Lima Beans with Chorizo

Clementine Almond Cake

coconut: Creamy Coconut & Mango Quinoa

corn

Black Bean, Squash & Corn Soup

Quinoa & Corn Paella with Mint

Cornbread, Chile & Amaranth

cranberries: Chocolate, Cranberry & Nut Muffins

Dried Fruit Compote with Quinoa

Duck & Quinoa Sprout Wraps

Eggplants, Quinoa-Stuffed

eggs

Potato & Onion Frittata with Quinoa

Quinoa Scrambled Eggs with Chives

emmer

farro

Farro & Cranberry Bean Soup

Green Farro Salad with Feta

Squash, Kale & Farro Stew

freekeh

Baby Squash with Freekeh Stuffing

Chicken Stew with Freekeh

Fruity Puffed Quinoa

ginger: Spicy Tomato, Tamarind & Ginger Soup
grapes: Quinoa, Grape & Almond Salad

hazelnuts: Plum & Hazelnut Crisp
Honey & Blueberry Crunch Bars

kale: Squash, Kale & Farro Stew

KAMUT/khorasan

Khorasan, Banana & Walnut Bread
Spicy Squash Cake

macadamia nuts

Chocolate, Cranberry & Nut Muffins

mangoes: Creamy Coconut & Mango Quinoa

Meatballs with Tomato Sauce

millet

Clementine Almond Cake

Salmon Packages with Millet & Spinach

Three-Grain Pilaf with Chicken

Three-Grain Porridge with Raisins

mint: Quinoa & Corn Paella with Mint

Monkfish Ceviche with Red Quinoa

Mozzarella Salad with Quinoa Sprouts

mushrooms

Buckwheat, Mushrooms & Roasted Squash

Buckwheat Noodles with Mushrooms

oats

Apricot & Raisin Oat Bars

Plum & Hazelnut Crisp

Three-Grain Porridge with Raisins

onions: Potato & Onion Frittata with Quinoa

papayas: Chicken, Papaya & Avocado Salad

Plum & Hazelnut Crisp

pork: Meatballs with Tomato Sauce

Potato & Onion Frittata with Quinoa

quinoa

Black Bean & Quinoa Burritos

Black Bean, Squash & Corn Soup

Broiled Sea Bass with Fried Quinoa
Broiled Shrimp with Crisp-Fried Red Rice
Chicken, Papaya & Avocado Salad
Chocolate, Cranberry & Nut Muffins
Creamy Coconut & Mango Quinoa
Dried Fruit Compote with Quinoa
Duck & Quinoa Sprout Wraps
Fruity Puffed Quinoa
Honey & Blueberry Crunch Bars
Monkfish Ceviche with Red Quinoa
Mozzarella Salad with Quinoa Sprouts
Plum & Hazelnut Crisp
Potato & Onion Frittata with Quinoa
Quinoa & Beet Burgers
Quinoa & Corn Paella with Mint
Quinoa & Walnut Tabbouleh
Quinoa, Grape & Almond Salad
Quinoa Scrambled Eggs with Chives
Quinoa with Roasted Vegetables
Quinoa-Stuffed Eggplants
Red Quinoa & Chickpea Salad
Spicy Tomato, Tamarind & Ginger Soup
Thai-Style Tuna Salad with Quinoa
Three-Grain Pilaf with Chicken
Three-Grain Porridge with Raisins

raisins

Apricot & Raisin Oat Bars
Three-Grain Porridge with Raisins

rice

Broiled Shrimp with Crisp-Fried Red Rice
Honey & Blueberry Crunch Bars
Three-Grain Pilaf with Chicken

Salmon Packages with Millet & Spinach

sea bass: Broiled Sea Bass with Fried Quinoa

shrimp: Broiled Shrimp with Crisp-Fried Red Rice

Smoothie, Mixed Berry

spelt

Spelt & Carrot Salad

spinach: Salmon Packages with Millet & Spinach

squash

Baby Squash with Freekeh Stuffing
Black Bean, Squash & Corn Soup
Buckwheat, Mushrooms & Roasted Squash
Spicy Squash Cake
Squash, Kale & Farro Stew

tamarind: Spicy Tomato, Tamarind & Ginger Soup

Thai-Style Tuna Salad with Quinoa

Three-Grain Pilaf with Chicken

Three-Grain Porridge with Raisins

tomatoes

Meatballs with Tomato Sauce

Spicy Tomato, Tamarind & Ginger Soup

tuna: Thai-Style Tuna Salad with Quinoa

vegetables, roasted: Quinoa with Roasted Vegetables

walnuts

Khorasan, Banana & Walnut Bread

Quinoa & Walnut Tabbouleh

Walnut & Chocolate Tart

Available in stores
and online.



www.parragon.com/lovefood